
GLAMOUR
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DECEMBER 2015
Christmas. Cracked!
448 genius presents
382 sexiest party looks ever
Plus... Christmas with Katy Perry
We sent a sex writer to a convent
What could possibly go wrong?
The rise of the super-vlogger
Tanya Burr
First stop YouTube, now the world
PLUS How you can meet her!
The rudest question *all* women get asked
And 12 kick-ass ways to shut it down


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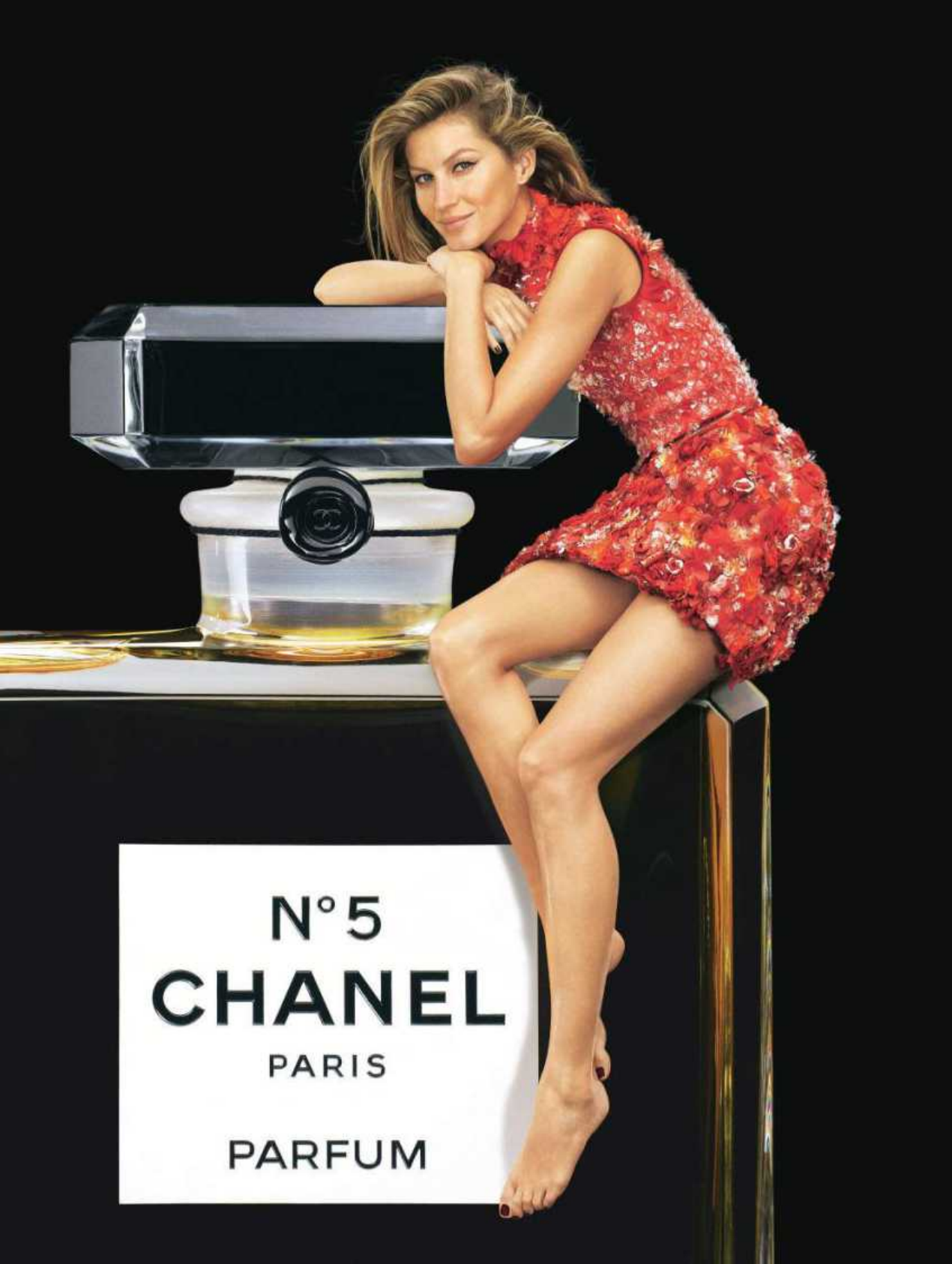


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Tanya: the superstar vlogger who wants to meet YOU

Clinique gift UK only. For a full list of ingredients in your Clinique cover gift, see glamourmagazine.co.uk/ingredients

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## WIN the cover look

### ON THE COVER

Tanya Burr photographed by **Damon Baker**
Fashion Director **Natalie Hartley**
Hair **Carlos Ferraz at Carol Hayes Management**
Make-up **Mary Greenwell at Premier Hair And Makeup**
Manicure **Michelle Humphrey at LMC Worldwide**
Dress **Valentino at liberty.co.uk**; earring **wallis.co.uk**; rings (from left) **othongthai.com**, **zoeandmorgan.com**



### MAKE-UP

Get Tanya's gorgeous look, courtesy of Tanya Burr Cosmetics. One reader will win: **Galaxy Eye Palette; Nail Polish in Fairy Godmother; Bambi Eyes Lashes; Lip Gloss in Afternoon Tea**



### HAIR

One reader will win these Fudge Professional products: **Tri-Blo Prime, Shine And Protect Blow Dry Spray; Push-It-Up Blow Dry Spray; Hot Hed Style Whip; Skyscraper Medium Hold Hairspray; Colour Lock Shampoo and Conditioner**

### How to enter

For your chance to win, simply answer this question:
**What is the name of Tanya Burr's book?**
Text GLAMOUR followed by your answer, name and email address to **83149**†. Winner(s) will be selected at random after the closing date of **December 6, 2015** and will be notified within 28 days of the closing date. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above. For full terms and conditions, see glamourmagazine.co.uk/termsandconditions

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# Got a dream? Make it happen


Tanya, the poster girl for Just Going The Hell For It

If you want something, go and get it: go for it. We tell you, our readers, this all the time in all manner of direct and indirect ways. And if you want a shining example of someone who lives and breathes that ethos, consider Tanya Burr. As one of the new breed of self-made super-vloggers, she gets my applause for seeing what she wants, shrugging and just going for it.

This fearless approach to being herself and working hard has won her a massive fanbase: over 3.2 million subscribers to her YouTube channel (with a staggering 246 million+ video views), 1.6 million Twitter followers and 2.2 million on Instagram. And it's this fearlessness that led to her being on the cover of this issue of GLAMOUR: she emailed me directly and straight-up asked for it.

Bold, no? I like that. I have to admit I did hesitate at first. GLAMOUR, of course, has a near-15-year history of featuring the stars of film, television and music as our cover stars. Honouring a vlogger in this way is a real departure for us.

But the time feels right. I think 2015 will be the year we remember as the one when many YouTube stars like Tanya broke through from the cult status of an online following to occupying the mainstream. While they have owned the internet over the years, this is the year we've seen them galvanise their powers across social platforms to create their own eponymous mega brands – exhibit A is Tanya's smash-hit cosmetics range. Furthermore, while Tanya is now a front-row fixture at Fashion Week and has been photographed at every major party I can think of over the past few months, she manages to serve her catapulting stardom with a generous side-helping of grace. She's the kind of celebrity who interacts with an overwhelming number of her fans, and uses her popularity as a force for good. Recently, for instance, she's put her power behind the UN's Global Goals initiative. (And it works: thanks to Tanya's influence, my daughter is suddenly interested and engaged on the subject of gender equality.) If this is what a 21st-century A-lister looks like, I am cool with that.

**"This is the year we've seen YouTube stars galvanise their powers"**

In this, the tenth year of YouTube's existence, it's incredible to think of how it's changed all of our lives in so many ways and will continue to, in this still new and evolving digital age. It's created a new breed of superstar and, in many cases, empowered a millennial generation like no other medium before it. And, I can't resist adding, it's also great to know that even the masters of that universe, like Tanya, still love their magazines enough to want to be on the cover!

Enjoy the issue,



**Jo Elvin, Editor**

contact me at: editor@glamourmagazine.co.uk

Photograph: Damon Baker

{ Follow me on Twitter at Twitter.com/jo_elvin and Instagram @joelvinglamour. Tweet us at @GlamourMagUK }

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**annehathaway** Thanks to @glamouruk for putting me on your cover!

# "I now feel strong enough to confide in someone"




Rose Bretécher's *"Graphic Sexual Images Made Me Suicidal"* feature, about living with 'Pure O', described the condition more clearly to me than any doctor has been able to. I never imagined being able to share my illness with loved ones – yet reading your article has given me so much reassurance that I am not alone. I now feel strong enough to confide in my boyfriend of four years and tell him the full story of my intrusive thoughts. Rose is very brave and I am in awe of her.
**Katie, by email**

**This month's star letter wins a VQ Christie DAB+ radio worth £99.99. It has a rotating LCD display with Bluetooth connection, and is available in 11 colours. myvq.co.uk**



## Switched on (sort of)

I laughed so much reading *When Parents Go Digital*. I've moved to Australia and my parents try to keep in touch using modern technology. It's so funny, but also sweet, when I see my dad on Skype wearing his best shirt – like he's going to meet the Queen. And getting it all set up takes a *lot* of patience on my part, every single time. I never want them to change, though.
**Hanna, by email**

**@HanyaLP** Heartfelt 'letter to my daughters' from @OllieHolt22 in @GlamourMagUK. Tackling the deep seated gender ideology around sport.

## New directions

Thank you for *"The Moment My Career Clicked"*. I'd felt stuck in my career for ages, so I plucked up the courage to ask my employer for a chance to go in a different direction. To my amazement, she agreed for fear of losing me, and now everything is clicking into place.
**Shanie, by email**

**@ellieashtxn** Pretty much crying at how cute the @GlamourMagUK article on small romantic gestures is.

## No more anxiety

I'm 27 and expecting my first baby. Although I'm excited, I've been freaking out about it all: labour (OMG, I actually have to get this baby out?!), and whether I'll know how to change a nappy, feed them, get them to sleep. My anxiety has often reduced me to tears. But Dawn O'Porter's *"How To Explain A Mother's Love?"* helped me see worrying doesn't matter. Hopefully, when I hold my baby for the first time, I'll feel complete and it'll be the start of the most rewarding experience.
**Becky, by email**

## Keeping it real

I just read "*How To Explain A Mother's Love?*" and *really*? Is Dawn never glad for a rest when her baby sleeps? Does she never feel frustrated when he cries and cries? This article portrays having a baby as some kind of fairy tale, which is far from the reality. I love my baby very much, but it hasn't been easy.
**Helen, by email**

**@StephanieDJL** @AleshaOfficial's interview in @GlamourMagUK has made me love her more. What an endearing woman.



## GLAMOUR-TO-GO

This month's winner is Om Crossland, pictured with GLAMOUR at Santorini in Greece. Om wins a Lumia 635 smartphone. The Lumia has lightning-fast 4G connectivity, a beautiful 4.5inch screen and Windows built in, and comes in a selection of great colours. For your chance to win, send us a photo of you with the latest issue of GLAMOUR in a glamorous location (with your name, address and location). Good luck!



**Write in!** We want to hear about you – about GLAMOUR, your life, anything. Email us at letters@glamourmagazine.co.uk or write to GLAMOUR We Hear You! 13 Hanover Square, London W1S 1HN

Compiled by Amy Warren. Photograph: Jem Mitchell. GLAMOUR reserves the right to edit letters, Tweets and unsolicited material. Unfortunately, GLAMOUR is unable to return any photographs submitted



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# On GLAMOUR.com

# The **little black dress** guide

It's time to start planning your party wardrobe



**Winter escapes**
Our top 10 UK boltholes

## PLUS

**30 awesome Christmas hacks from the GLAMOUR team**
Brand new Instagram series @GlamourUK



Photograph: Walter Chin

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# Winter **boho**

## Because it's not just for festivals

You can transition 'Coachella chic' to real life, as demonstrated perfectly here by Diane Kruger. Pair your floaty floral summer dress with suede block heels (and tights and a leather jacket, depending on the temperature), add a jaunty paperboy hat and you're good to go. Giant Chanel tote optional (but desirable). ▶



Diane owns the winter boho look while strolling in New York

By Helen Whitaker. Photograph: Rex Features



Tough, smart and one hot hair icon – Katniss, we salute you

# WHAT **KATNISS** DID

As *Mockingjay – Part 2* hits the cinema this month (and concludes the *Hunger Games* franchise), here are six reasons why Katniss's legacy will live on

### She brought Jennifer Lawrence to the masses

She was brilliant, yet under the general public's radar, in *Winter's Bone* and *Like Crazy,* and it wasn't until she hit Panem that we really got to know Jennifer Lawrence, in all her straight-talking, self-deprecating, falling over glory. We've never looked back.

### She doesn't worry about being nice

To win the *Hunger Games,* you have to be prepared to survive at all costs (as in, you have to murder people). Katniss Everdeen manages to do this by being vulnerable, smart *and* bad-ass. A truly complicated female lead.

### She sparked an influx of kick-ass cinematic heroines

Between the raw material provided by author Suzanne Collins and Jennifer's interpretation of the role, Katniss has become a byword for 'action heroine' and has proved that a female-led action franchise can be successful. Would *Divergent* have happened without her?

### "I can survive just fine without either of them"

We're as into the Katniss-Gale-Peeta love triangle as much as the next YA fan, but when she overhears the guys talking about who she'll choose, this is her response. Sorry, Bella Swan, but it's a *much* better message.

### The braid

As iconic as the mockingjay, Katniss's signature side braid has inspired countless online tutorials. Yet she's always been more than the sum of her hair or outfits. Yes, she was made over for the first Games, but she's never let appearances define or change her.

### She's got a hell of a way with a bow and arrow

Evidence suggests that interest in archery spikes among young women when one of the films is released. Archery clubs call it the 'Katniss Factor'.

*The Hunger Games: Mockingjay – Part 2* is released on November 19

## 3 WAYS TO MAKE A DIFFERENCE...

...on November 25, the UN's International Day For The Elimination Of Violence Against Women

1 Sign Refuge's petition to demand a public inquiry into the state's response to domestic violence. If they reach 100,000 signatures, the issue will be strongly considered for debate in parliament. refuge.org.uk

2 Donate beauty products and everyday essential toiletries to vulnerable women who have escaped violent homes, via the Give And Make-Up Initiative: twitter.com/giveandmakeup

3 Get the men in your life to support White Ribbon Day (also November 25), which encourages men to pledge to never condone or remain silent about violence against women. whiteribboncampaign.co.uk ▶

By Helen Whitaker and Hanna Woodside. Photographs: Collection Christophel/ArenaPAL


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# Irina LOVES...

## Top model Irina Shayk tells us what rocks her world





### Beauty fix

"I rarely wear make-up in my 'normal' life – especially mascara, I'm too lazy to take it off at night. I'll just put cover up under my eyes and a swipe of dark red lipstick. I like Givenchy's **Le Rouge Lipsticks**."



### Red-carpet showstopper

"I like designers who show off a woman's curves: Azzedine Alaïa creates dresses for sexy bodies, and Riccardo Tisci's latest collection for Givenchy was really spectacular."

AZZEDINE ALAIA

### Shoe heaven

"Versace heels are the best. I love to be tall and Donatella always does a platform, but in an elegant, rather than clunky way."




### Favourite fragrance

"I walked in the Marc Jacobs show at New York Fashion Week and was given the new perfume, Decadence, which I love. The bottle looks like a little handbag."







### Home town hangout

"I live in downtown New York and my favourite restaurant is Nobu – I could eat there seven days a week."



### Style crush

"Naomi Campbell – *hello* – every time I see her she is on point. I admire how glamorous she is – even if she's wearing jeans and sneakers, she'll go all out with accessories and jewellery."

### Wardrobe essential

"Replay's Hyperskin denim yoga pants look like regular jeans, but they're designed for working out, so they're made from this incredibly comfortable, stretchy fabric – they're like a second skin. They're great to wear when I'm travelling, too."

The Hyperskin by Replay collection is available to buy from www.replayjeans.com, with prices starting from £115 ▶

By Hanna Woodside. Photographs: Eyevine, Rex Features




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# 24 hours with Olly Murs

## ...as the *X Factor* presenter prepares for the live shows

**8.30AM** My alarm goes off and I'm up straight away, into the shower. I'm definitely a morning person. I like to get on with the day. **8.50AM** Breakfast is granola with Greek yoghurt, blueberries and raisins. **9.15AM** It's a Friday, so I set off for *The X Factor* rehearsals, ready for the live show on Saturday. It takes about an hour to drive from my house in Essex to Wembley Stadium where we film. I flit between listening to BBC Radio 1 and TalkSport. **10.30AM** My co-presenter, Caroline Flack, and I have a catch-up and then look over the scripts – it's our first year presenting the main show, so we like to be prepared. **12.05PM** Quick Twitter break, and check WhatsApp to see what my mates are up to. **12.20PM** Say hello to the judges and get all the gossip from the contestants. I'll talk to the show's producers about what's been going on behind the scenes. **1PM** Lunch in the *X Factor* cafeteria. I want to tuck into the bangers and mash, but I'm on a health kick, so it's a superfood salad for me. **2.15PM** Caroline and I start rehearsing; even if it's just introducing the judges, you don't want to make a mistake. The show has to run to exactly two hours. We have to be really precise – you can't be waffling on, or ad-libbing too often. **3.25PM** We get to watch the contestants perform their songs for that week for the first time. **5.40PM** Finish for the day. **6.45PM** I'm home in time for a session with my personal trainer. It's a top-to-toe workout. We'll go from cardio to boxing, weight work to lunges. I've been doing it since I was on tour in February. **8PM** Friday night is takeaway night. I order Indian: a chicken kashmiri, which comes with bananas. It's what my dad calls a "baby curry" – I used to love spicy food, but as a singer it can affect your vocal chords. **9.10PM** Scout through iTunes for a film. I'm really excited about the new *Star Wars* movie, so I start re-watching the old ones. Because it's a cheat day, I'll allow myself my favourite childhood dessert: a caramel digestive biscuit dunked in a Müller Rice. **11.45PM** Hit the sack – I like to get my eight hours, ready for *The X Factor* the next day. ▶

"The show has to run to exactly two hours. You can't be waffling on and ad-libbing too often"

Olly's album, *Never Been Better: The Deluxe Edition*, and his book, *On The Road*, are out now

As told to Hanna Woodside. Photograph: Tomo Brejc


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# What would **Coco do?**

Inspirational words, gorgeous pictures – we *love* this stylish tribute to game-changing women

Twenty-five heroines of the art, design and fashion worlds are celebrated in a gorgeous new book out next month, *Mid-Century Modern Women In The Visual Arts* by Gloria Fowler. From Coco Chanel to Frida Kahlo, a portrait of each woman – hand-drawn by illustrator Ellen Surrey – is accompanied by an inspirational quote. Words to live by.



"A girl should be two things: classy and fabulous." **Coco Chanel**



"I never paint dreams or nightmares. I paint my own reality." **Frida Kahlo**

"At sixteen, I was a funny, skinny little thing, all eyelashes and legs. And then, suddenly people told me it was gorgeous. I thought they had gone mad." **Twiggy**



"The fashionable woman wears clothes. The clothes don't wear her." **Mary Quant**



## **'MOM HAIR'** – THE NEW DO

Yep, the perm is officially back

When singer St. Vincent – one of the coolest women on the planet right now – appeared on the Burberry FROW with an '80s-style 'mom' 'do, we suddenly re-thought our attitude to the perm. Go for a tight, retro number, à la Maggie Gyllenhaal, or loosen things up a little like J.Lo – your perfect perm is out there. ▶

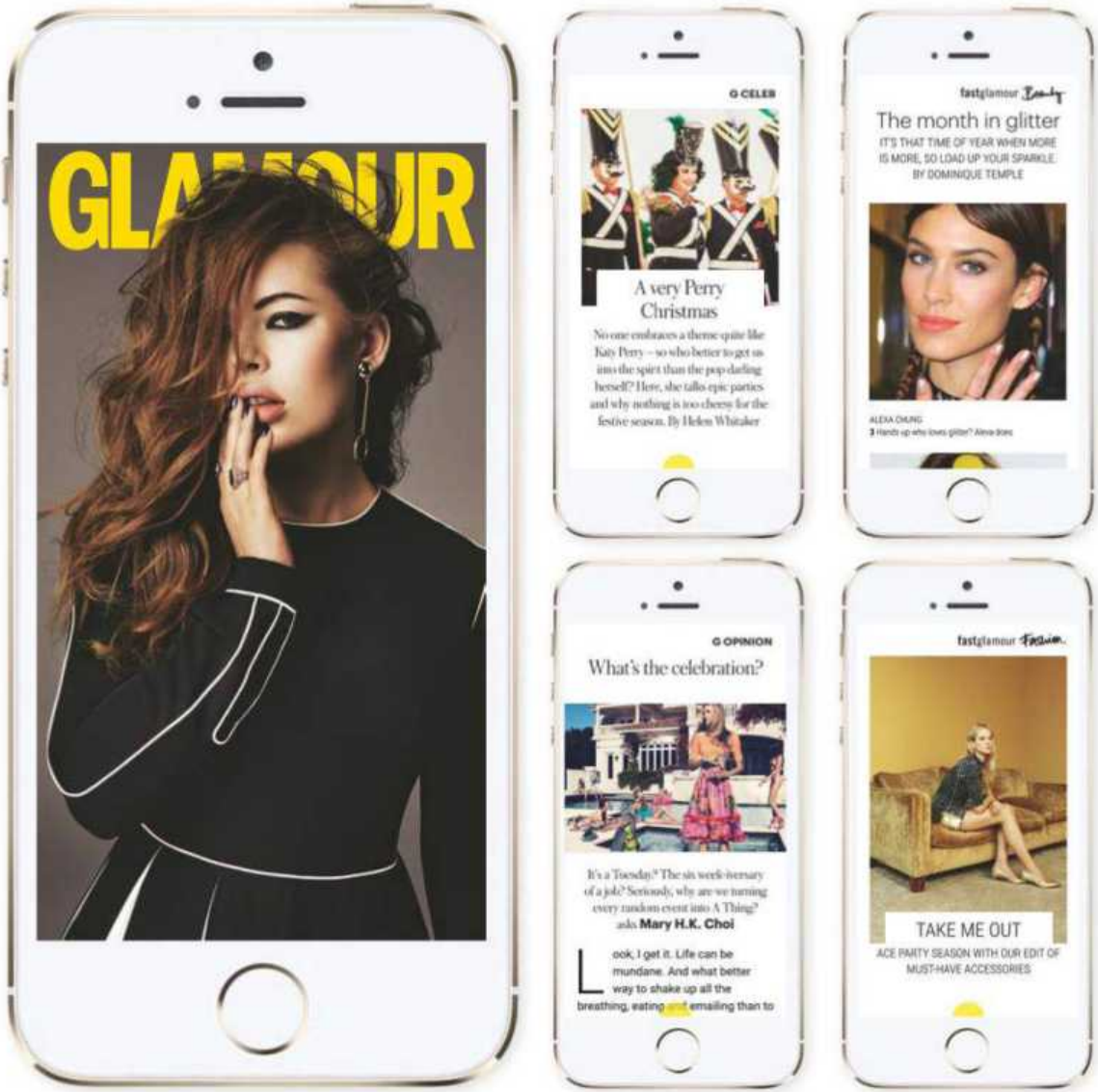


Who knew Melissa McCarthy in *Spy* would be a hair icon?



By Hanna Woodside. Photographs: Corbis, Getty Images, Rex Features. Illustrations: ©AMMO Books

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# Have a cool YULE

Festive fun for your diary (and not a panto in sight)



Copy Cara and grab a hot date with Santa at Winter Wonderland

### WINTER WONDERLAND at Hyde Park, London

Celeb-spot in the Bavarian village, go selfie-crazy in the (bigger and better) ice palace, get merry in the sub-zero Bar Ice, fall over on the largest outdoor ice rink in the UK, and snap up a ticket for Cirque Berserk's *Adrenaline,* aka the world's most dangerous circus act. *November 20-January 3; hydeparkwinterwonderland.com*

### GIN GROTTO at Pintura, Leeds

The basement bar will be transformed into a Christmas 'gin snug' complete with cosy blankets. Pick from 30 types of gin, including their own special 'winter blend' Portobello Road gin, along with gin-eggnog (it's a thing) and warm, mulled cocktails. Hic! *November 11-January 2016; pinturakitchen.co.uk*

### ROOFTOP CAROLLING at The Varsity Hotel, Cambridge

A celebrity favourite (the Beckhams stayed there in May), at night the hotel roof terrace has amazing views of the twinkling city skyline. Wrap up warm, tuck into a mince pie and enjoy a carol service from Cambridge University choristers. *December 14, 7pm; thevarsityhotel.co.uk*

### ETSY 'MADE LOCAL' MARKETS nationwide

Coming to 13 towns and cities in the UK, from Cardiff to Sheffield: meet local artists and crafters and find quirky, hand-made, one-off gifts for even the most hard-to-buy-for friends and family. *Find dates for your nearest market at etsy.com/etsymadelocal*

### CIRCUS, COMEDY & CABARET at The Paradiso Spiegeltent, Edinburgh

The Spiegeltent – a fabulous, 19th-century-style, mirrored tent – in St Andrew Square will host a jam-packed programme, including Circa, the world-renowned circus troupe, pop-cabaret duo Frisky & Mannish, and the brilliantly named Sh*t-Faced Shakespeare. *November 20-January 4; edinburghschristmas.com*

### A WEST END CHRISTMAS at St Paul's, London

Stars from the West End's most popular plays and musicals put on a special Christmas show with readings, songs and poetry. In past years, casts from *Jersey Boys*, *Les Misérables* and *The Lion King* have performed. It's all in aid of The Make A Difference Trust, which raises money to fight HIV and AIDS. *December 6, 7.30pm; ticketsource.co.uk/madtrust*

### HOLIDAY HANGOVER CURE MASTERCLASS at Rust & Stone, Manchester

All that festive merriment left you feeling a bit worse for wear? Banish your post-party headache and sign up for a juice masterclass at the city's new 'clean eatery'. Design your own signature juice – and feed your hangover with their maple-cured bacon ciabatta. *December 5, 12, 19, from 11am-1pm; rustandstone.com*

### FESTIVE AFTERNOON TEA at The Merchant Hotel, Belfast

Three tiers of seasonal deliciousness – including finger sandwiches, mince pies and, of course, Christmas cake, all served in either the sumptuous Victorian grandeur of The Great Room restaurant, or the oh-so-chic Veuve Clicquot Champagne Lounge. Take a peek at the Narnia roof garden while you're there. *Available November 28-January 3; themerchanthotel.com* ▶

By Hanna Woodside. Photograph: Rex Features

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## DAWN O'PORTER HONESTLY



# "Give up drinking? No way!"

Booze. I love it. Particularly red wine and whisky, but also, more recently, tequila. Which is a surprise, because after one night about ten years ago, where I downed approximately 17 shots of the stuff, I swore I'd never touch it again. But I'm back on it, mixed with lime juice and agave syrup. It's completely gorgeous.

I've chosen to write about my love of booze because we are heading into the festive season so I'll be drinking it, and because I keep reading about people giving up alcohol. I thought I'd write a positive piece about it, because in my life, it is.

In September, loads of people on Facebook went on about how clever they were to not drink a drop throughout the entire month. My FB feed taught me that nearly all of these people celebrated the end of their month of sobriety with a massive binge-drinking session, which has been proven to be worse for your health than drinking regularly but within recommended guidelines.

Don't get me wrong, alcoholism is a real and gripping disease, but I'm not talking about that. I'm talking about enjoying a drink, and doing so within safe limits. Which is something I can do *now*, but admittedly something I didn't always do.

My relationship with booze started early. On Guernsey, where I was raised, we were drinkers. It was easy to get beer and there were plenty of parties to drink at. My first bad experience was when I was about 13. I went to my friend's house up the road to watch TV, and she brought down a bottle of bright green alcohol from her sister's room. It was Midori, and I drank around 60% of the bottle. At 10pm I stumbled home, puking in every available bush, before falling into the sitting room where my parents were, burping, "I'M HOME," then going upstairs and continuing to puke green fluid into the toilet. My sister heard me and insisted I opened the door. She huffily held my hair back, then lifted me into her bed, where she lay awake next to me all night, holding my head up, so ▶

◀ I didn't choke on my vomit in my sleep, like her hero Jimi Hendrix had.

I learnt nothing from this experience and continued to drink to the point of near hospitalisation most weekends for the next ten years. It sounds horrifying, I know, but everyone I knew did it. But I don't drink like that now and I wouldn't ever drink like that again. I grew up and grew out of it. Hangovers are awful and I am way too busy to have them regularly. I don't like wasting days from self-inflicted illness, and I know how bad it is for my health.

So now, my love of booze is about that glass of red at the end of a long day. As I cook dinner, and the smell of food fills the room, my taste buds call for the comfort of a smooth glass of Rioja to accompany my meal. It helps me relax. It's the transition from a stressful day to a peaceful evening. I love it. And sometimes I still drink more than I should, and I like being drunk sometimes, sitting with friends and sharing more than I intended to. I've never been a 'bad' drunk, so when my inhibitions fade, I do silly things like lift up my top and squash my boobies against restaurant windows.

> "Hangovers are awful and I'm way too busy to have them regularly"

So there you go – a positive piece about alcohol. I was pregnant last Christmas, so was restricting myself to the occasional glass of red wine. This year I have no such limitations, and I'm excited to toast the festivities with an appropriate tipple. I apologise in advance if I get a bit silly. Happy Christmas!

Tweet me @hotpatooties and tell me what you think about giving up drinking #GlamourMagUK

Love Dawn

GOING UP



**Black polo-necks** Under everything. Summer clothes all year round? Yes please!

**Snapchat** I'm SO late to the game. I have no real idea how it works, but I LOVE it. Follow me: BOBbyDOP

**Tefal steamers** I am OBSESSED with my new hand-held one. So much more zen than ironing.

***Absolute 80s*** It's the best work-day motivation soundtrack ever.

## DAWN'S DOS & DON'TS

**Dentists** I know we have to go, but they hurt so much and I AM SCARED.

**Diet soda** Your body hates it even if your mind loves it. Stop it.

**Sticking a belt on everything** Not EVERY dress need a belt. Choose wisely.

**Sleeping with a colleague** I KNOW, I KNOW, but just watch it at the Christmas party.



GOING DOWN

Portrait: David Loftus. Hair: Adam Reed at Eighteen Management. Make-up: Valeria Ferreira at Caren. Manicure: Sophie Harris Greenslade at Emma Davies Agency. Fashion Assistant: Holly White. Dress: Bob by Dawn O'Porter. Photographs: Getty Images, Instagram

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*MOST COMMON RATING AMONG 531 WOMEN ON Supersavvyme.co.uk – 21/05/2015. SOME WOMEN PROVIDED WITH PRODUCT. MODEL WEARS 5/3 MEDIUM GOLD BROWN.

DREAMING OF A WHITE CHRISTMAS

# Hey, it's OK...


"No cranberry sauce for me, thanks!"

…if wearing white = instant spill

**... to say no to plans because it's *Homeland* night**

…to be annoyed by restaurants with a no-reservations policy. Queuing for 45 minutes isn't our idea of fun

**...to use your best handwriting in your fancy new notebook (for, ooh, about half a page)**

…to have a 'bag for life' filled with eight more 'bags for life' that you always forget to take to the supermarket (thanks to GLAMOUR reader @bizbshell)

**...to call it a day on the five-week-long message thread on Tinder. You want a date, not a pen pal**

…to re-watch *Bridesmaids* – again – instead of that indie film that everyone says is going to win 12 Oscars

**...if you've finally got the hang of contouring, now that it's all about 'strobing' instead**

...to not want to share a dessert. You'll have a whole one. To yourself.

**...if daytime drinking hits you *way* harder than evening. One glass of wine at lunch and you need to nap all afternoon**

…if your hair always decides to look *amazing* the day you're due a cut (thanks to GLAMOUR reader @artmanship)

{ Want to see your own ideas here? Tweet us something we've never heard before @GlamourMagUK #HeyItsOK }

By Hanna Woodside and Lucy Abbersteen. Photograph: Chris Craymer



Worst. Silent. Disco. Ever

# AUDIO EROTICA IT'S A THING

Forget Spotify – *these* are the hottest sounds for your playlist

So the latest thing in erotica is audio porn – sense-heightening, nerve-tingling sound recordings that can fire your imagination and leave you trembling at the knees. "With audio erotica it's about being able to project your own desires onto what you're hearing," explains relationship psychologist Susan Quilliam. "Hearing is one of our key senses. Someone once said, 'I prefer radio because the pictures are better.' And it's the same with audio erotica – you create your own images." From erotic podcasts to Tumblrs packed with the sounds of people getting it on, let your imagination take over and get your kicks without the visual fix.

## BUY AN EROTIC AUDIOBOOK

"Women are less about the visual than men – we prefer to use our imaginations more," explains Annabelle Knight, resident sexpert at lovehoney.co.uk. "Enjoying erotic fiction in the form of an audio book is a natural next step when it comes to sexual pleasure." There's something uniquely stimulating about having an erotic story read to you in the privacy of your bedroom. Sign up for sexy stories on Audible (£7.99 per month), download the Nobilis Erotica app (£1.49, iOS; £1.27, Android), or listen for free on Soundcloud or YouTube.

## GET A SEXY AUDIO GUIDE

Take your orgasm to the next level with help from a super-sensual, subscription-based digital foreplay assistant like blindfold.club (approx £3 per month). Simply sign up, choose your sensory scenario, then let host Angelina's dulcet voice instruct you through your chosen intimate experience in real time – with or without a partner. It's also a great way to learn exactly what kind of bedroom chat turns you on. As Quilliam explains, "Dirty talk doesn't have to be dirty at all. It can be gentle and very sensuous; it can be whispered."

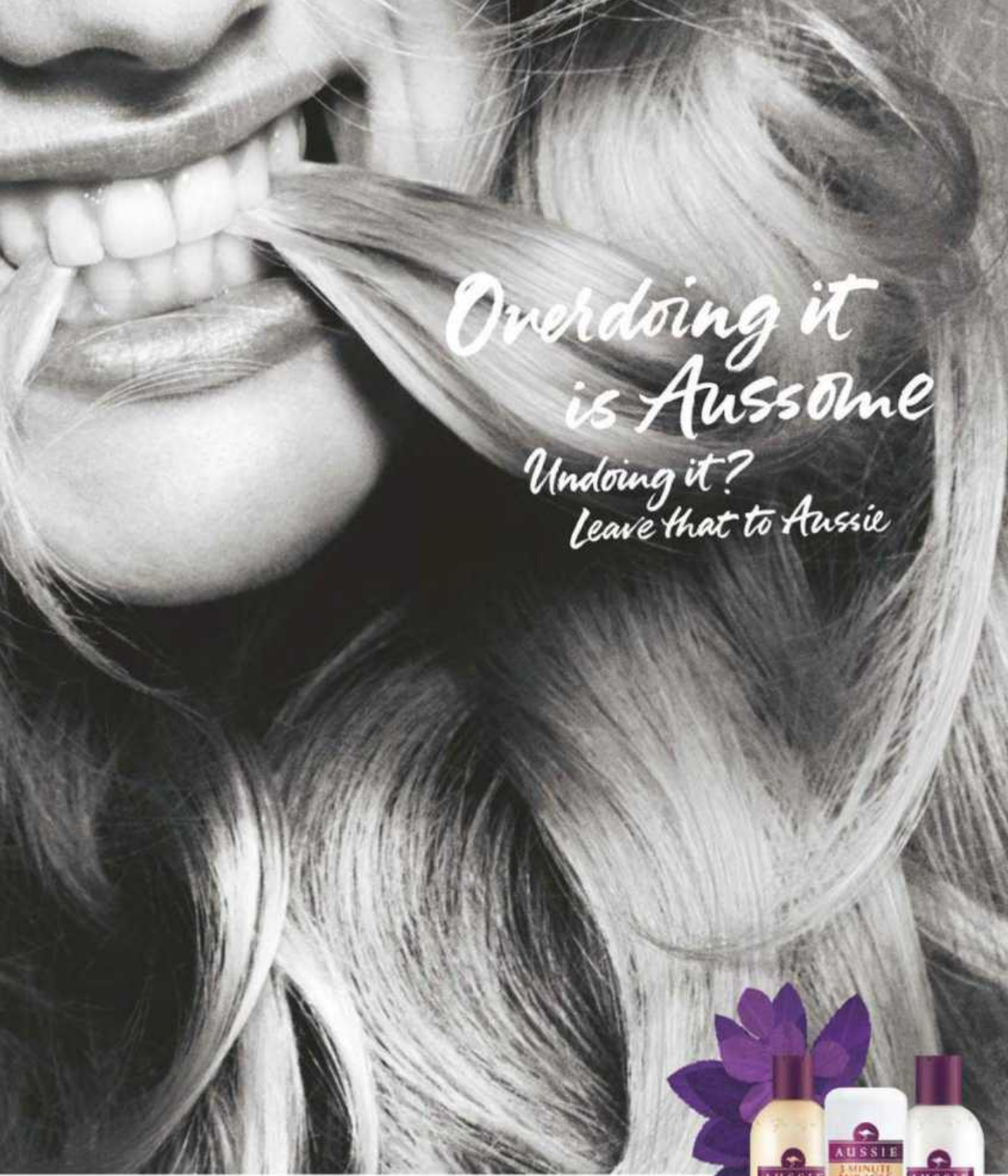
## PICK A PLEASURE PODCAST

Get thrillingly sexy podcasts delivered straight into your headphones every week. From passion-packed audio libraries like The Kiss Me Quick's Erotica Podcast and Lara Ryan's Sultry Stories, to the aptly named Frisky Friday, all you have to do is take a back seat and allow them to spin you a pulse-racing tale. "You can listen with your eyes closed," says Quilliam, "which means you can focus on what you're feeling and sensing more than you can with your eyes open." Guaranteed to make your commute home a whole lot more exciting.

## TRY SOME AURAL

Badly shot, subtlety-free porn films not doing it for you? Try this instead: Audio Porn is a Tumblr of anonymous recordings of people getting it on, submitted by its listeners. The sound clips enable you to pick the track that works for you, and layer your own fantasy over the top. "Most women will team their own experiences of fantasies with the story they are hearing; that's much harder to do if your senses are overloaded with the visual aspect as well," says Knight. "By removing the visual you're giving yourself much more scope for personalisation." No more '70s-style mustachioed plumbers? We're over that.

By Diana Best. Photograph: Trunk Archive/Chris Craymer. susanquilliam.com




AUSSIE

There's more to life than hair but it's a good place to start

# 9 BRILLIANT WAYS TO SPEND TIME ALONE

Stepping outside your social comfort zone has never looked so good...

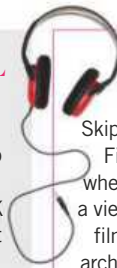
Table for one? A game 80% of us would dine out alone, reveals a poll by OpenTable – although only 55% actually have. "Humans are social animals," says psychologist Dr Donna Dawson. "By ourselves, we assume we're being judged, that people think we can't find somebody to be with." But doing things solo = liberating. "It also provides a mental break," adds Dr Dawson. We've compiled your ultimate DIY bucket list, no embarrassment necessary.

## PICK UP A PUP



Sign up to borrowmydoggy.com, which pairs canine lovers with owners. So, if your landlord has a no-pooch policy, you can walk somebody else's. Plus, spending time with an animal can reduce anxiety and boost mood, according to *Frontiers In Psychology*.

## JOIN AN ANTISOCIAL BOOK CLUB



The Slow Reading Club brings people together in a cosy venue to read for an hour… in silence. The Notting Hill branch is the first UK venue, but you could always start your own (visit slowreadingco.com for details). "Having a date in the diary every week means you're more likely to stick to it," explains life coach Sloan Sheridan-Williams.

## CREATE A PRIVATE CINEMA

Skip popcorn queues at a British Film Institute Mediatheque, where you plug headphones into a viewing station to watch films from the BFI's archive. Pick a classic: research suggests the familiarity gives us mental time-out. Find your nearest one at bfi.org.uk



## UPGRADE YOUR TECH-SET

Apple lovers, take a workshop to get to grips with things like iMovie (book at apple.com/uk). Or, enrol in free online coding course codecademy.com. "It can be easy to lose focus without someone to bounce off though, so set aside time and switch off other tech to immerse yourself," says Sheridan-Williams.

## TRY SOMETHING NEW



Enjoy a totally different solo experience via uk.funzing.com, a shop window for unique events (curry tours, gin tasting, pop art painting…) hosted by other users in London and Brighton. "Doing things alone offers us more space to think, which allows us to be more creative," says Dr Dawson.

## GET LOST ON PURPOSE



Explore an area by walking without a destination or play tourist with free app Field Trip, which flags up local history. "Living in the moment forces you to be adaptable – good training for when we need to be in life," says Dr Dawson.
*Field Trip, free on iOS and Android*

## DINNER DATE FOR ONE



Restaurants are now actively catering for solo diners. Russell Norman, founder of the Polpo restaurant group, designs his restaurants to have bars for people, like him, who enjoy dining alone. Look for a venue with chairs at the bar or counters with a kitchen view, advises OpenTable's Mike Xenakis.

## DITCH YOUR GYM BUDDY

"If you always exercise with a friend it becomes more of a social meet, so mix that up with training on your own," says Alex Walker, personal trainer at Virgin Active Chelmsford. "Running alone means you can focus your attention on your breathing pattern – it's a great way to clear your head and you may be surprised at how much further or faster you go."

## FLY SOLO

"A holiday alone pushes you to make conversation, sometimes in another language, which is a huge confidence booster," says Sheridan-Williams. "It also improves problem-solving skills, adding to that sense of independence." 101singlesholidays.com is curated by a travel writer, with ideas from treks to photography breaks.



By Alex Davies. Photographs: Alamy, Getty Images, Shutterstock. swlondonclinic.co.uk; polpo.co.uk

# Sssssshhhhhh!

## Keep it down.

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AUSSIE

There's more to life than hair but it's a good place to start

# DARLING, IT'S THE THOUGHT THAT COUNTS

*I'm thinking ghd - the platinum one*





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# FEELING JEALOUS?

## Make that a good thing by embracing your green-eyed monster



The chief bridesmaid took hen-do attendance very seriously

By Gemma Askham. Photograph: Rex Features

Even the #blessed have moments when they feel tortured by other people's successes, such is the nature of that jump-out-of-nowhere emotion – envy. But while jealousy's first punch can destabilise you, "it's crucial to the positive process of learning about yourself," reveals social psychologist Professor Paul Stenner. Time to own your envy.

### PRIMAL JEALOUSY

**If Beyoncé had made *Crazy In Love* today, it wouldn't be about the crazy lust of meeting a new guy, but the crazy jealousy of wondering why he started following that random girl on Instagram. "Social media gives us more information about someone's life, but it's all abstract information – usually pictures – which we fill in with jealous thoughts," Professor Stenner explains. And the less we know, the more jealousy breeds.**
First, tot up how often you play social-media sleuth on your partner or ex. "It's normal to spy now and then," says Dr Sheri Jacobson, clinical director of Harley Therapy, "but deliberately keeping it a secret or doing it at work isn't." Think how snooping makes you feel: bad? Less confident? Guilty? "Write a list of the real cost of this habit and stick it where you can see it," she adds, suggesting a one-week social media break to solidify your efforts. "You'll be surprised by how much more energy, confidence and free time you have not checking in on other people's lives all the time."

### COMPARISON JEALOUSY

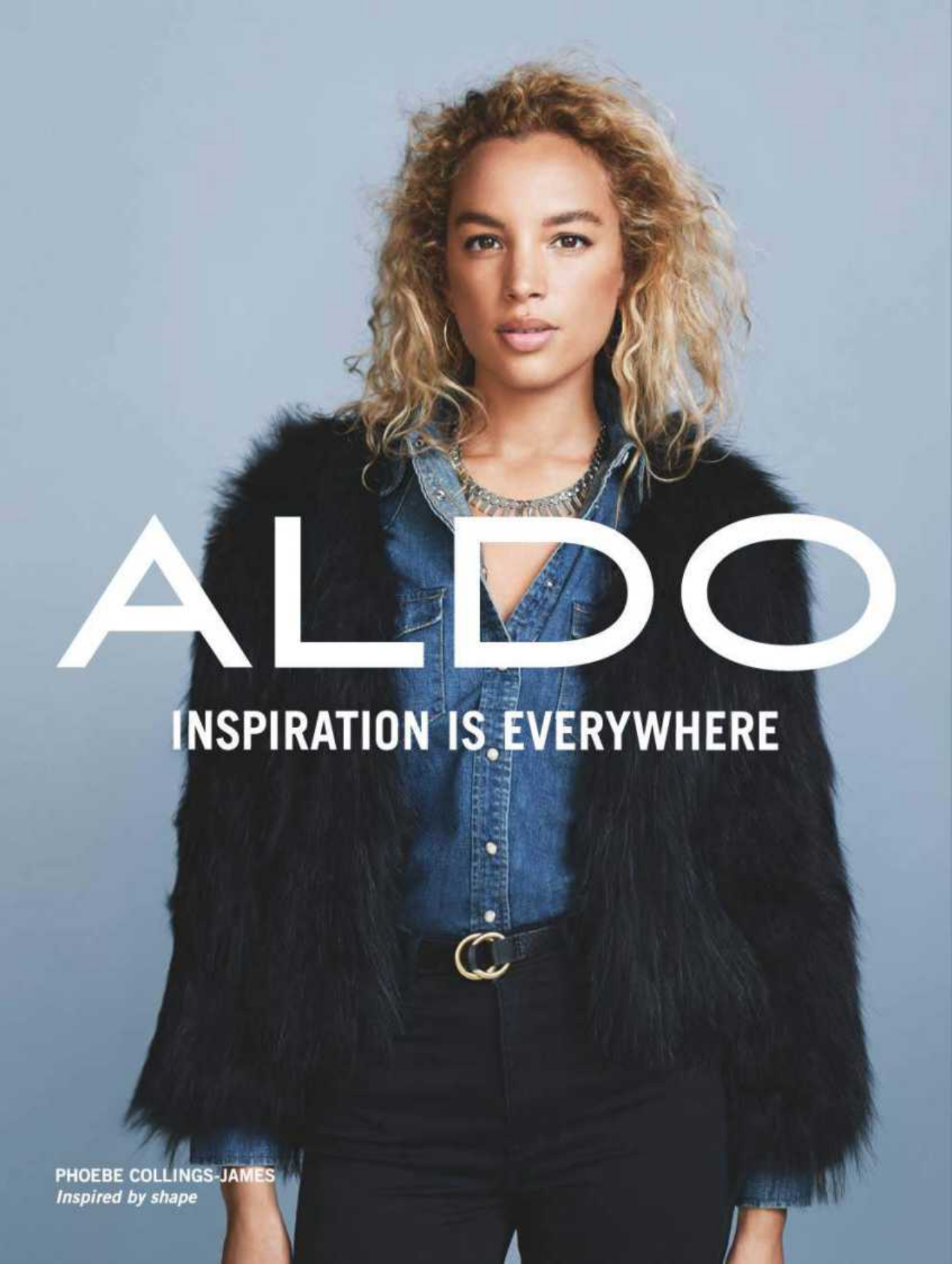
**Whether they've broken the thousand-follower mark on Twitter, scored a six-month sabbatical or retrained for their dream career – when you compare your lot to theirs, you feel like you're missing something.**
Don't wallow. Pinpoint exactly what triggered your jealousy – flexible hours, building your own brand, more travel? – and you've just identified what you really want in life. "We often say, 'I'm so jealous,' but what we mean is, 'I wish I had that or did that.' This jealousy is incredibly useful: it helps us clarify what we really want, so we can set clear goals to achieve it," says Dr Jacobson.

### TARGETED JEALOUSY

**This is directed at a specific person – the colleague promoted ahead of you, the friend engaged days after your break-up. You want to congratulate, but jealousy is making you hate.**
To move to a happier headspace, look past the situation and back to the person. "Remember good memories or things they've done for you. Even if it's just a colleague, were they nice to work with? Did they help you when they didn't have to? Did you both fight hard to get to where you are?" says Dr Jacobson. "It's easy to not like someone if we make them different from ourselves, but we're actually more alike than different. Recognising that breeds compassion, which makes it easier to wish someone well."

### TIME JEALOUSY

**Your friend's on holiday again and your boyfriend's three episodes ahead in the box set you swore you'd watch together. You? You'd just like to leave work in daylight.**
That irrational resentment on hearing someone has enough free time to go to the cinema? Experts call it 'scarcity mentality'. You see their life as full of opportunities while yours is only full of limits – eg 'I have *one* shot at a promotion, so must work late until eternity.' The way to get to the flipside – the 'abundance mentality' – isn't to shout at your partner for playing golf on Sunday, but to crunch your commitments. How? Don't say yes to everything that comes your way, whether that's an invite or answering an out-of-hours email. And lose the 'I have no time' mentality. It's self-fulfilling: if you think it, you'll say it. And once you've said it out loud, you believe it.


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# 7 WORK RULES TO LIVE BY

Supercharge your productivity – and your career – with these tips from successful women

## 1 START THE DAY WITH YOUR TRICKIEST TASK

*Vashti Seth, CEO and founder of the charity Deki*

"I used to leave the office exhausted, feeling like I hadn't got anything done. A business mentor told me to get the jobs I least liked out of the way first thing in the morning – it's called 'Eating the frog'. Once you do this, the rest of your day will seem easier, and your productivity will soar."

## 2 MAKE THE FIRST MOVE

*Issy Croker, food photographer*

"Don't be afraid of approaching people you want to work with. You may never hear back, but when that one person you've wanted to work with says yes, it's great. I approached *Suitcase* magazine with a relevant foodie pitch, which they took on. That allowed me to connect with inspirational women, such as Deliciously Ella and the Hemsley sisters, who introduced me to their followers on social media… I'm now shooting the photography for the first Karma Cans cookbook!"

## 3 TRY THE THREE-ISSUE RULE

*Henna Riaz, founder of 360 Audit, a royalty auditing firm*

"I used to spend too much time answering queries on issues that I felt my team could handle independently. So I enforced a 'three issues per meeting rule'. Soon, unnecessary emails dropped off, leading to greater productivity for me, and my advice on the bigger issues being more impactful because I had more time to think. It works for my team too – they feel able to take on more responsibility."

## 4 SEEK OUT INSPIRATION

*Entrepreneur Kate Diete of innerwanderlust.com*

"Until last year, I was working corporately, but wanted to start a business. I got involved in a local meetup.com event and started surrounding myself with entrepreneurs. Within months, I was thinking more like them and, encouraged, I decided to go for it. I am now starting up 12 companies in 12 months."

## 5 GET UP EARLIER

*Laura Leggetter, head of property, Luchford APM*

"I read the book *What The Most Successful People Do Before Breakfast* and learnt from some of the best CEOs that starting your day a little earlier sets the tone for the rest of the day. I'm a strict early riser and use that time to exercise, digest the news or savour quiet time with my children. Whatever the choice, that extra time makes a vast difference to my day."

## 6 DON'T CHECK EMAILS FIRST THING

*Nandita Narayan, founder of ethnic homewares store designraaga.com*

"Your mailbox is nothing but other people's agendas. Before you know it, the most productive part of your day will have been wasted replying to other people's needs."

## 7 FIND THE UP-SIDE OF A LOW

*Kathryn Parsons, co-founder of decoded.com*

"Didn't win that pitch? Didn't get that job? These can feel like heart-breaking 'failures'. I've been made redundant twice, my first company was a creative triumph but a commercial disaster, but I've learnt from my mistakes. Ask yourself, what positive lessons can you see in all your experiences?"

By Becky Howard. Photograph: Patrick Demarchelier. deki.org.uk; issycroker.com



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# BEAT THE BOUNCE

## The right sports bra can reduce tissue-damaging jiggle by up to 78% – find the one for you



"OMG, is that a spi… oh, just a dustball"

Like a decent pair of trainers, a quality sports bra is an exercise essential. "Sport can result in dramatic movement in the breast – the nipple area can move up to 7cm in any direction," says Julia Mercer, a bra-fit expert at Marks & Spencer. Not having the right support isn't just uncomfortable (more than 70% of women report breast pain after exercise), it can also permanently damage the soft tissue (yep, we're talking sag). Here are our top picks.

**COMPRESSION OR ENCAPSULATION?** Compression reduces movement, while the individual cups of an encapsulation bra provide better support for larger breasts.



### FOR LARGER CUP SIZES

**Freya Active Underwired Moulded Sports Bra**

Available in up to an H cup, and the underwiring (in puncture-proof casing) gives added uplift. The padded straps can be converted from scoop to racer-back style with a sliding clasp. Clever.

*£38 freyalingerie.com*



### FOR RUNNING

**Adidas Infinite Series Racer-Back Bra**

High-impact exercise needs maximum support. Looks like a crop top, but the lining has individual cups, and stabilisers on the front of the straps give even more support.

*£30 adidas.co.uk*



### FOR COMFORT

**ASICS Ruched Seamless Bra**

Extra-stretchy fabric and a ribbed bottom band provide more flexibility. Ideal for yoga and Pilates, when you don't want your sports bra pinging off during a backwards bridge.

*£30 asics.co.uk*



### FOR HIGH-INTENSITY WORKOUTS

**Sweaty Betty Sweat It Out Bra**

Designed specifically for high-intensity training (when you're getting a serious sweat on), the double layer of moisture-wicking fabric and breathable mesh lining keeps you cool and dry.

*£40 sweatybetty.com*



### FOR MAT WORK

**Shock Absorber Active Zipped Plunge Sports Bra**

No back fastenings means floor work is more comfortable. There's a large inner panel behind the zip, so no chafing – and a safety hook if you fear it popping open.

*£25 houseoffraser.co.uk*



### FOR STYLE *AND* SUPPORT

**Lorna Jane Earthquake Bra**

The kind of sports bra you want to show off. Smart features include removable padding and hi-tech fabric that is fast-drying, and shrink and fade resistant.

*£45 activeinstyle.co.uk*

By Hanna Woodside. Photographs: Contour Style/Miko Lim


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# A WEEK OF (DELICIOUS) DIY LUNCHES

£90,000 – that's how much we spend in a lifetime buying lunch. Time to step away from the shop sandwich? Here are five simple meals by celebrity chef **Jo Pratt**

## MONDAY

### SUPER SALMON SALAD

Grill the salmon fillet for five minutes, then flake into your cooked couscous and grate on the raw courgette.
**PUNCH IT UP!** Dill and harissa dressing = olive/rapeseed oil + lemon juice + chopped dill + harissa paste.




## TUESDAY

### ROAST VEGGIE LUNCH BOX

Roast small wedges of butternut squash until tender (200˚C for approx 45 minutes). Toss half the squash with the crumbled feta and spinach. (Save the rest of the squash for tomorrow's soup.)
**PUNCH IT UP!** Orange and cinnamon dressing = pumpkin/olive oil + orange juice + orange zest + pinch of cinnamon.




## WEDNESDAY

### NO-FUSS SOUP

The night before, sauté the chopped courgette and red onion until soft. Add the leftover roasted butternut squash, then blend in the same volume of hot vegetable or chicken stock to make a thick consistency. Season to taste.
**PUNCH IT UP!** Add some sautéed garlic and a pinch of chilli powder.




## THURSDAY

### TASTY CHICKEN WRAP

Cook the chicken breast on a hot griddle or frying pan, 3-4 minutes each side, then tear into strips. Mash the avocado, season and add some lemon juice, then spread over the tortilla. Add the chicken and wrap.
**PUNCH IT UP!** Parmesan dressing = olive oil + lemon juice + grated Parmesan.




## FRIDAY

### PROTEIN POWER BOOST

Drain and rinse the beans, then add to the flaked tuna and roughly chopped spinach.
**PUNCH IT UP!** Caper and dill dressing = olive oil + lemon juice + capers + chopped dill.




*In The Mood For Healthy Food* by Jo Pratt is out now.

Photographs: iStock, Alamy, @cookwithjopratt; jo-pratt.com


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# DAISY
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THE FRAGRANCES FOR WOMEN

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# GIFT CURIOUSLY

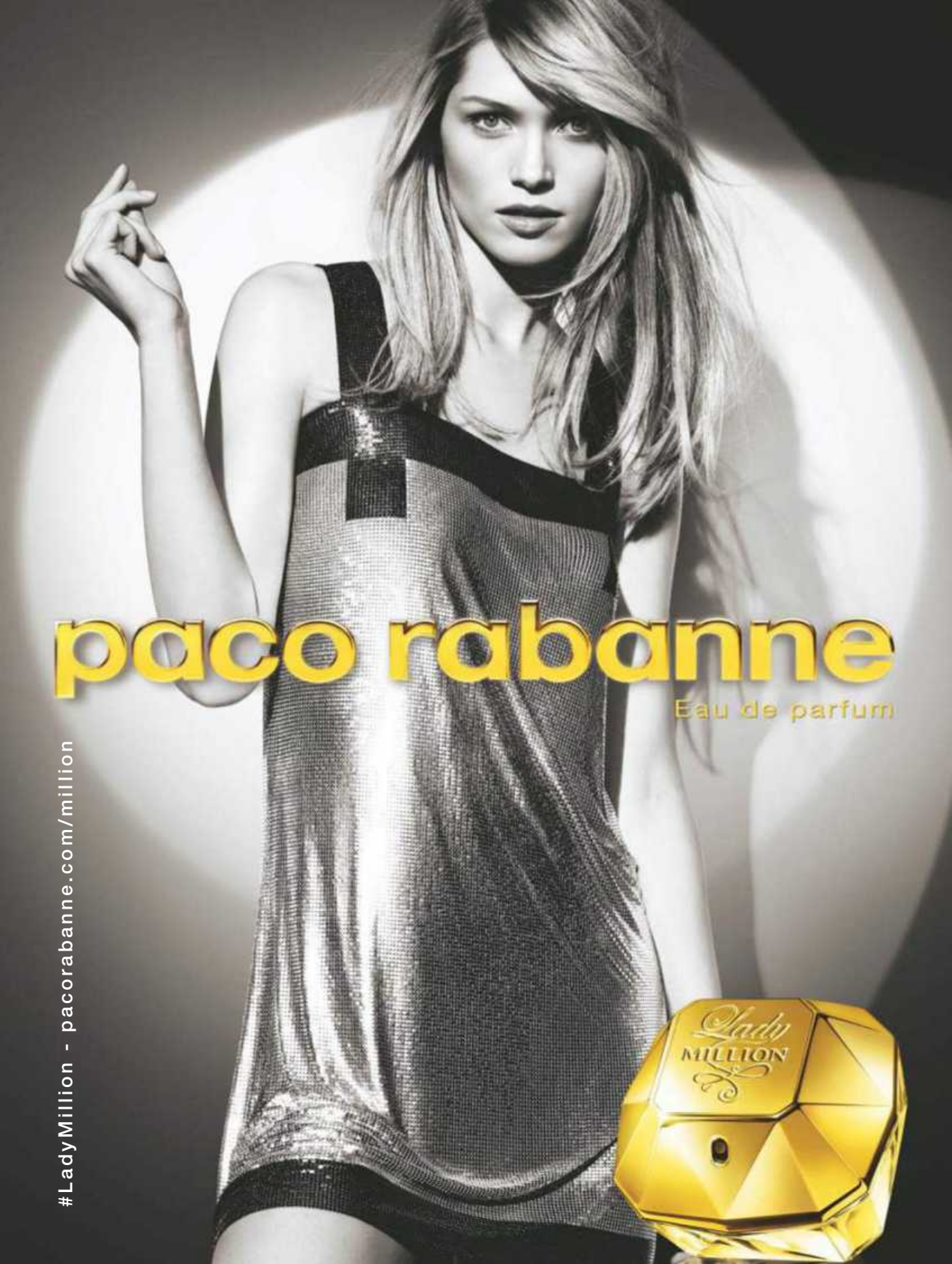
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# HOW I GOT HERE



## Pavani Reddy

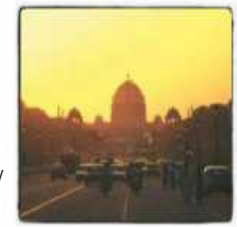
Pavani, 37, is managing partner at law firm Zaiwalla & Co Solicitors, which boasts the Dalai Lama as a client

### EDUCATION

**1994-1996**
**Saket Junior College, Andhra Pradesh, India**

My father was an officer in the Indian army, and we moved around a lot. Changing schools and mixing with children from different backgrounds made me open-minded and adaptable. I was always good with numbers and remembering factual information, and planned to be a chartered accountant.

**1997-2000**
**Bachelor of Commerce, University of Delhi, India**



My degree was meant to be a stepping stone towards accountancy, but I felt dissatisfied by the end of my first year. My brother was in IT at Orr Dignam & Co, one of Delhi's oldest law firms, and helped me get a paid internship. I got a buzz seeing the lawyers argue cases and realised it was what I wanted to do.

**2000-2003**
**BA (Hons) Law, Jiwaji University, Madhya Pradesh, India**

With my heart set on becoming a solicitor, I went back to uni to study law. Although I'd already worked in a law firm, I needed more experience of international law if I wanted to leave India. So while studying, I completed a one-year internship at the Indian law firm Amitabha Sen & Co, followed by a two-year stint at the India Law Offices.

### EMPLOYMENT

**2003-2004**
**Paralegal, Zaiwalla & Co, London**

I first met Mr Zaiwalla, founder and owner of the firm, while working on a case at India Law Offices. I applied for a three-month internship with his firm in London as a paralegal, assisting the lawyers, and was accepted, so my husband and I moved to England. I worked really hard, reading up on the finer details of cases and preparing summaries. I thought, 'If I can impress, they might give me a job.' It worked.

**2004-2005**
**Legal Assistant, Zaiwalla & Co, London**



The firm gave me the role of legal assistant and I did a course that let me practise in England. Their clients included the Indian president, the Dalai Lama and Bollywood actors, so being qualified in Indian law was an asset.

**2005-2007**
**Solicitor, Zaiwalla & Co, London**

Now qualified as a UK solicitor, I took on all my own cases, working on a minimum of seven at a time. In 2005, I was offered a salaried partnership; it was a huge compliment. One of the trickiest things is explaining the UK's legal jargon and processes to international clients. I lacked experience, so it was a tough time, and I had nightmares about work. It got easier, though, with every case serving as experience for the next.

**2007-present**
**Managing Partner, Zaiwalla & Co, London**

I was thrilled to be made managing partner, but I have to be even more organised – working on multi-million-pound arbitration and litigation cases, while also running the firm. I took two months off to have my son in 2007 and was given flexible hours to work around him.

## PAVANI'S LIFE LESSONS

1 **Dream big** but set daily goals that are achievable.

2 **Don't take shortcuts when learning your craft** As a junior, I took the time to speak to the court staff to find out how things worked from the ground up.

3 **The best way to handle sexism** is to work hard, perform and let the results do the talking.

By Ruth Caven. Photographs: Alamy, Rex Features

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SWAROVSKI

Tanya

# Queen of everything

She's the vlogger who changed the game and built an empire – and she's only just warming up. All hail Tanya Burr, says **Rosamund Urwin** ▶

Photographs by **Damon Baker** Fashion Director **Natalie Hartley**



**Dress** Valentino at liberty.co.uk; **earring** wallis.co.uk; **rings** (from left) othongthai.com, zoeandmorgan.com

Meeting Tanya Burr is a strange sensation, because you feel you know her already. In person, she's exactly as she is in her YouTube videos: smiley, enthusiastic, big on eye contact and quick to compliment (she greets me with, "Amazing shoes!") – the ultimate big sister. That's how she has won so many fans: 3.2 million subscribers on her YouTube channel, 2.2 million followers on Instagram, 1.6 million on Twitter.

What started six years ago with her make-up tutorials has made her a bona fide star: she sits on the front row at Fashion Week, is half of an internet super-couple with husband Jim Chapman and has spoken at the United Nations. Her brand has transcended digital: there's a make-up range (Tanya Burr Cosmetics), a curated fashion collection (for very.co.uk) and a book (*Love, Tanya*).

Her next move? Hollywood. "I've set myself a goal to secure a film role by the end of the year," she tells me over a glass of Malbec. She's been having acting lessons since January, has an agent in LA, and is heading there the week after our interview to meet casting directors. She wants to be cast against type. "I'm not interested in playing the glamorous beauty roles. I'd love to be challenged, to get gritty parts. I love films that make you think, 'That really resonated with me,' like *The Perks Of Being A Wallflower*."

Tanya feels she's at a flux point in her life. Having "grown up on YouTube" (she was 20 when she started), she has recently turned 26 and got married. "I feel such a transition at the moment – in my career and my life." And she feels this GLAMOUR shoot is part of casting off the girlie image. "I didn't know how sexy it would be, but it really makes sense at the moment. A lot of people put me in this box: 'You're cute, that's who you are.' But getting married is a turning point. I just hope my audience will come along with me for the ride."

Tanya, who grew up in Tasburgh in Norfolk, always had big dreams. "Ever since I was 13, I'd write business plans: I was going to own a zoo, then be an ice-cream van driver. I would save up all this money and live in a flat overlooking Central Park in New York." She insists, though, that YouTube wasn't a business decision. Jim's sisters, Sam and Nic Chapman, had launched the make-up channel Pixiwoo about six months before Tanya started, and ▶



**Body** Maryam Nassir Zadeh

"I love to portray this happy persona, but I go through bad periods"




ELIE SAAB

*LE PARFUM*

◀ they suggested she try it too. Tanya was working on a make-up counter, and wanted to be a make-up artist. She started uploading videos of her trying cosmetics and talking about clothes. She soon had 50,000 subscribers and could pay half her rent with the money from the ads. But her boss found out, and suspended her. "They said I couldn't do it. Now they're kicking themselves. I was terrified; I'm not someone who likes trouble. After two weeks, they said, 'You can come back, but you can't do YouTube again.'"

Tanya decided to stick with YouTube, taking a part-time job in Topshop. She also invested in an HD camera and a computer. Given that anyone could do that, does she worry about others snapping at her heels? "I don't feel any competition, because the joy of YouTube is that there's room for everyone." Besides, she's more than just a YouTube star now: she has a business empire. She says she's "one of the hardest people to work with, and the easiest, because I get involved in everything." Her cosmetics line was made with the company SLG: "I never let them tell me what to do. It means I'm proud of everything I've released." Her cheek palette came out three weeks after the rest of her collection because she wasn't happy initially: "I went back to the factory ten times. But now I can wear it and believe in it."

Her YouTube audience ranges from 11 to around 25. For the under-16s, she's an idol: when they meet her, some "cry, shake and freak out", others are rendered mute. Older fans might ask for advice on mascara: "They chat to me like a friend. In comparison with meeting a glamorous actress, they feel a real connection with me."

Positivity is a big part of the Burr brand, but Tanya actually suffers from Generalised Anxiety Disorder. "I've struggled with it since I was seven. People don't realise, because they just see a confident person. I go through bad periods. It stops me vlogging, because I love to portray this happy persona, and when I'm like that, I can't." She spoke out a few years ago because she felt others were suffering in silence. "The response was huge. A lot of people said it helped them manage better, because they saw, 'Tanya can do all the stuff she can do, despite it.'" She's had a "ton of therapy", which has helped her address the pressures she puts herself under. "My therapist says my downfall is trying to create the perfect life. I don't think a lot of social platforms help. That's why I like to post photos of me in my PJs with no make-up. To show I don't have a perfect life."

What strikes you most is Tanya's normality: she's girl-next-door pretty and unshowy, in a jumper, ripped jeans, no shoes and minimal make-up. She's relatable – and that's what she believes has won her fans. "I'm not the most beautiful girl. I don't look like Cara Delevingne; ▶

"Girls need to stop body-shaming. We should celebrate each other"



**Coat** Dior; **earring** shaunleane.com






NIXON

MALIA JAMES & THE KENSINGTON LEATHER

see the film on nixon.com

◀ I idolised her when she first became famous, thinking I needed to be tall and skinny – and it's just unrealistic for me. For lots of girls, idolising someone like that is soul-destroying. It's nice to have someone in the public eye who's different. Girls need to stop body-shaming. We should celebrate each other: it would be boring if we all looked like Victoria's Secret models."

Inevitably, though, not looking like Candice Swanepoel means she's had cruel comments. "I get it daily. There are horrible places online where people start conversations about it. I used to look, and it made me feel sick." Now she tries to avoid it. "I'm a positive person, but I can't shrug it off every day. Sometimes, I'll take it to heart and feel I don't want to make a video again." She's much more blasé about Jim's fans. Under one of his videos, one has written: "My mum has given you permission to impregnate me". Tanya is unfazed: "People write Jim crazy love letters. We laugh about it. It doesn't feel real. I'd probably be jealous if girls were flirting with Jim on a shoot, but the viewers don't bother me." The majority of fans are supportive, even giving them a portmanteau nickname: "Janya".

"I feel such a transition at the moment, in my career and my life"

Something Tanya has struggled with is how much of her life to share. "I used to daily vlog more – now I don't really do it. My main video for the week is the same as having my own TV show. It's not sharing my life, it's just showing someone how to do something." She took a break from vlogging recently and couldn't face returning: "I didn't want to share my life. Since I've got married, I feel even more protective. The more you know who you are, the more you want to protect yourself and your relationships." She especially feels this about her marriage: "Our relationship is too precious. I don't want it to be 'here's Jim and me in bed' on YouTube. It's very rare that I appear in Jim's vlogs."

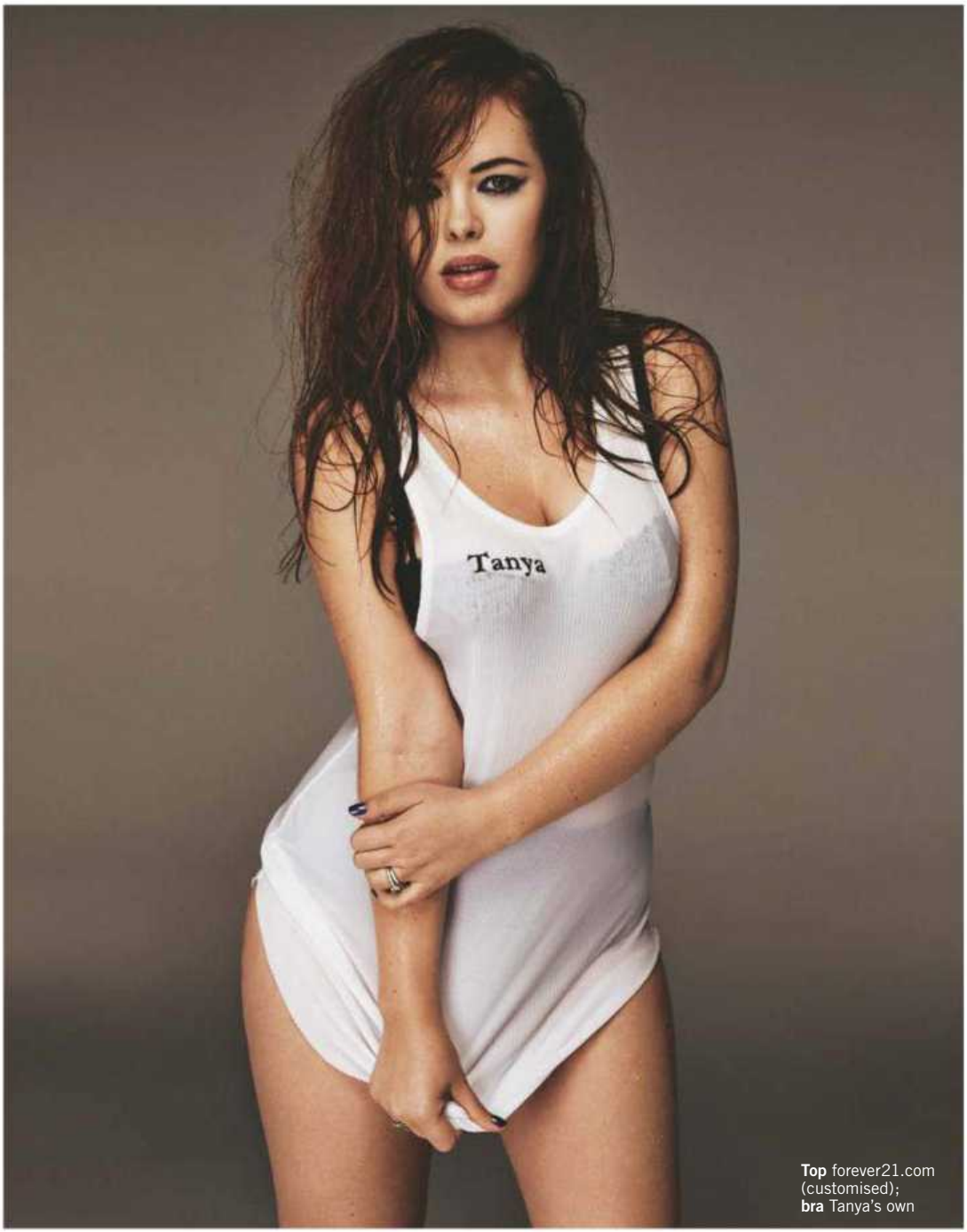
A compromise for fans who wish she'd vlog more is Snapchat. "I feel I've found my happy place. What's great about it is that no one can comment – it's gone in 24 hours, and how much insight can someone get in 15 seconds? You're interacting with your audience but not giving them your life story."

Tanya and Jim have been together for eight and a half years, after meeting at a house party. Their wedding was small, just 50 guests. "That's how we are. We wanted it to be only the ▶



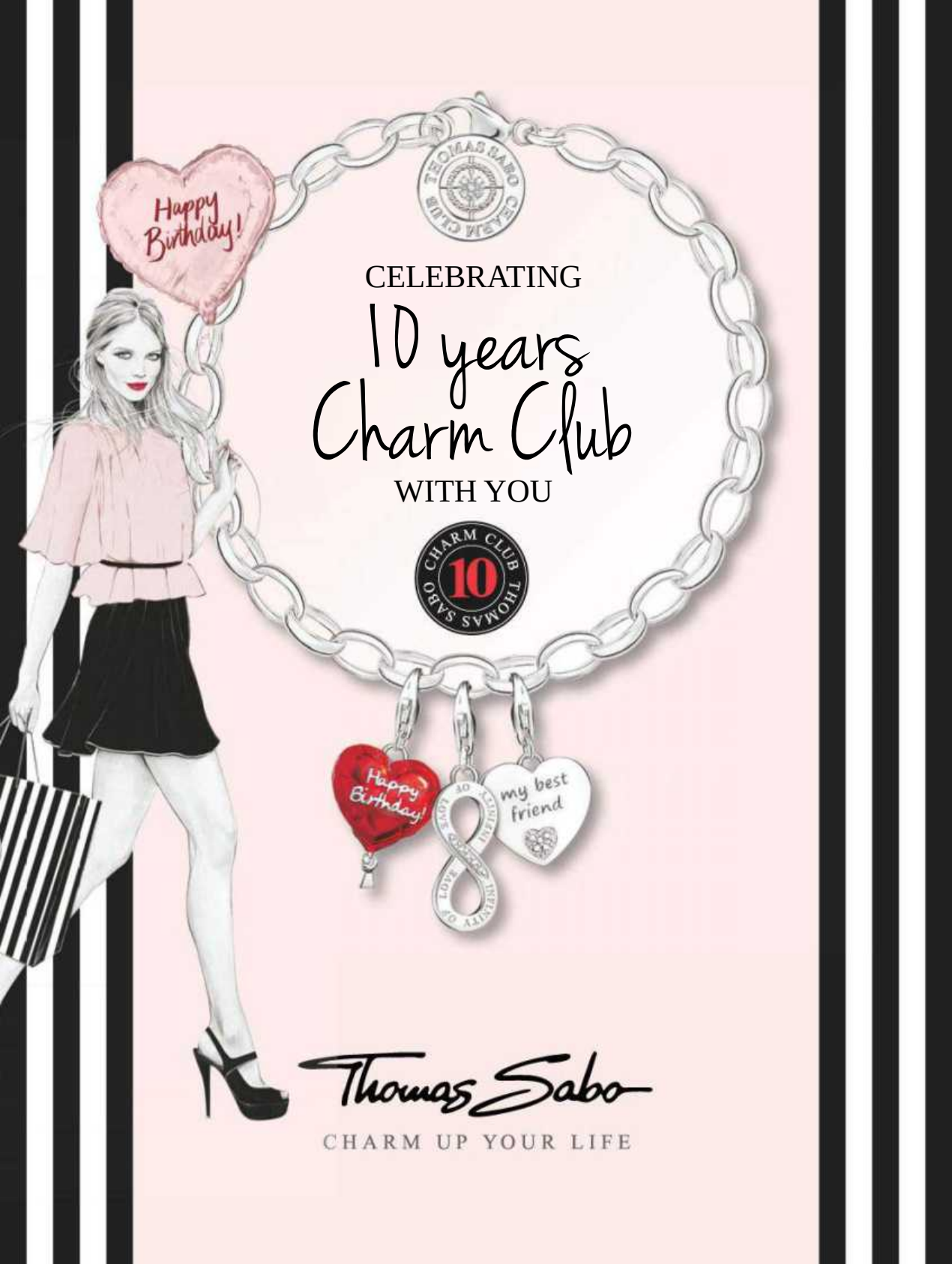
**Top** vintage at Rellik; **ring** zoeandmorgan.com

Continued on page 89




**Top** forever21.com (customised); **bra** Tanya's own

"YouTube has made me so much more at ease with myself"


Happy Birthday!
CELEBRATING
10 years
Charm Club
WITH YOU
CHARM CLUB
10
THOMAS SABO
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**Make-up: Mary Greenwell at Premier Hair And Make-up**
**Hair: Carlos Ferraz at Carol Hayes Management**
**Nails: Michelle Humphrey at LMC Worldwide**
**Fashion Assistant: Holly White**

◀ people we absolutely loved." Did marriage change their relationship? She nods. "We thought: 'We're getting married because we love each other and it's the right thing to do, but surely it won't feel different?' Literally, from the second we were married, we were more inseparable. It was weird. You do just feel a deeper connection."

Jim said in a recent interview that "a lot of people who do YouTube started off because they had no social life." I ask Tanya if that's true. "I think it's true of Jim. He was very shy. But I've always been a social butterfly."

Has YouTube made her more confident? "Definitely. It's made me so much more at ease with myself. My boundaries are always being pushed." That doesn't mean there aren't still things that intimidate her. Speaking at the UN, for starters. Tanya is a friend of the film director Richard Curtis and his family, and had made a video on his request about the Global Goals: 17 initiatives to improve the world by 2030 (they include ending poverty and tackling climate change). "I made a video of me just sitting on my bed, really impromptu, saying I feel passionately about this campaign." She feared her fans might be bored, but they loved it. Someone at the UN saw this, and asked Tanya to fly to New York the next day to speak in front of world leaders and journalists. "It was the craziest experience of my life. When I did my speech, I'd only said it aloud three times in the car on the way there. Afterwards, I burst into tears, because I was so overwhelmed."

After that, acting should be a breeze. It was a New Year's resolution that pushed her back into acting, but Tanya's been writing plays since she was eight, getting her friends to act with her. But she gave up drama at GCSE because she didn't feel good enough. "There was this girl in my class who was so talented, it made me start to not enjoy drama. Everything I did, I'd think: 'I'm not as good as her.'" Now, she's had lessons one-on-one. Her teacher is "wonderful but strict. She'll go: 'I don't believe you. It's not good enough.' I love that, because I trust she'll make me better."

Tanya will never desert her YouTube fans, though. "They're the most loyal, kind people," she says. "I want to do something really cool with them. Every other month, I want to do a dinner for some of them, to make it special." She adds sincerely: "I don't know how long I'll have them, but I really do love them."

**WIN!**

**Want the chance to meet Tanya face to face and learn the secrets of her empire?**

She's offering one reader the chance to join her for afternoon tea. Just tear out the page overleaf, complete the sentence, 'I would love tea with Tanya because…' **in thick bold marker** and Instagram a selfie of you holding the page, using the hashtag #GlamourxTanyaBurr. Easy. ▶

**Terms & conditions** The prize consists of a meeting with Tanya, the location and form of which will be determined after the closing date of December 6, 2015. Travel to and from the meeting is not included. The judging panel consists of Tanya and GLAMOUR Editors, who will be looking for the most original, funny, inspiring answer. The judges' decision is final and no correspondence will be entered into. Entry is by Instagram and the closing date is December 6, 2015. The meeting with Tanya will be filmed and shared on all Tanya's and GLAMOUR's social platforms. Entrants must be aged 18 and over (proof of age will be needed before prize is taken). Winner will be notified by December 11, 2015. By entering this competition, you agree to all the above terms and conditions.

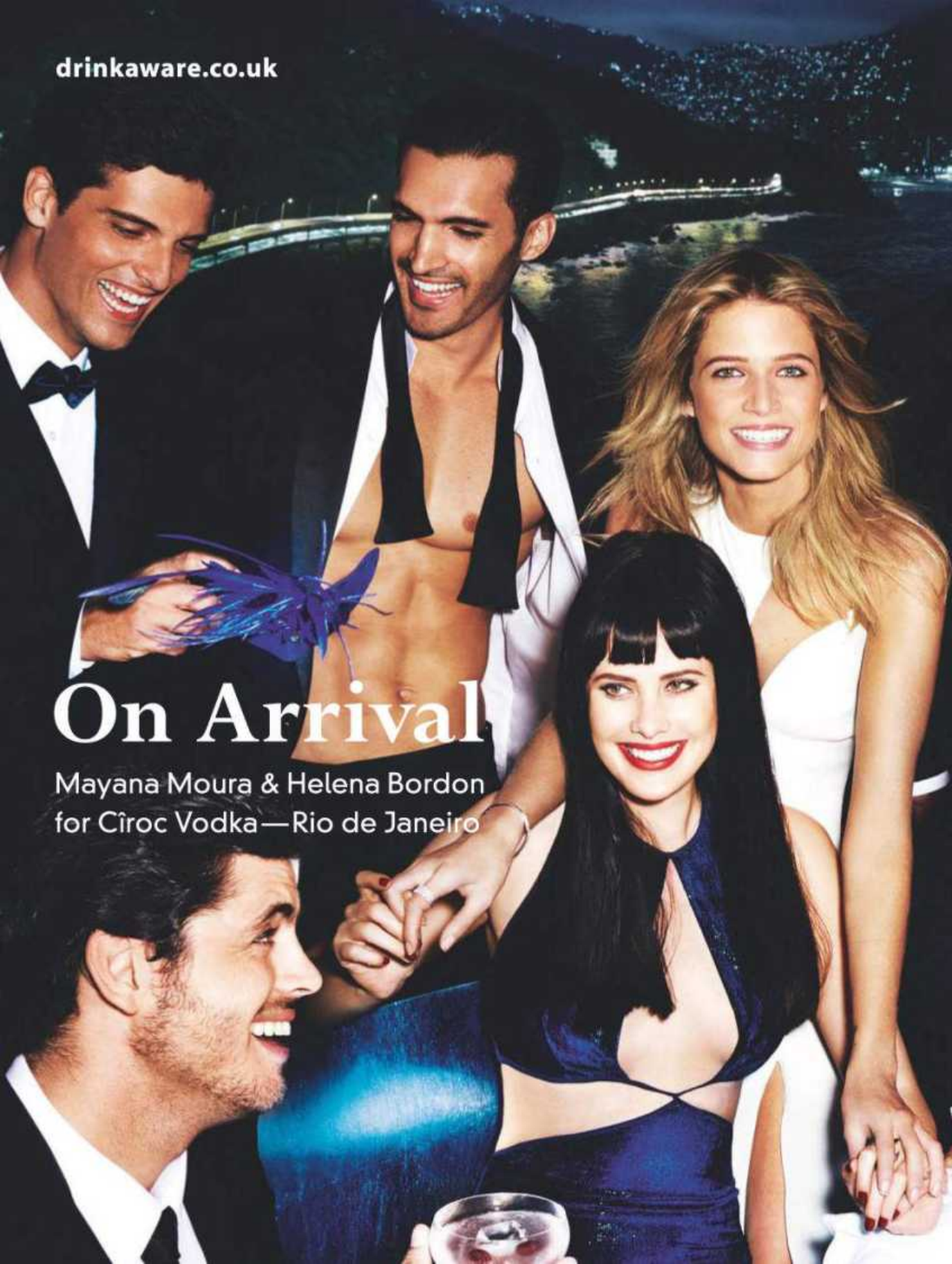
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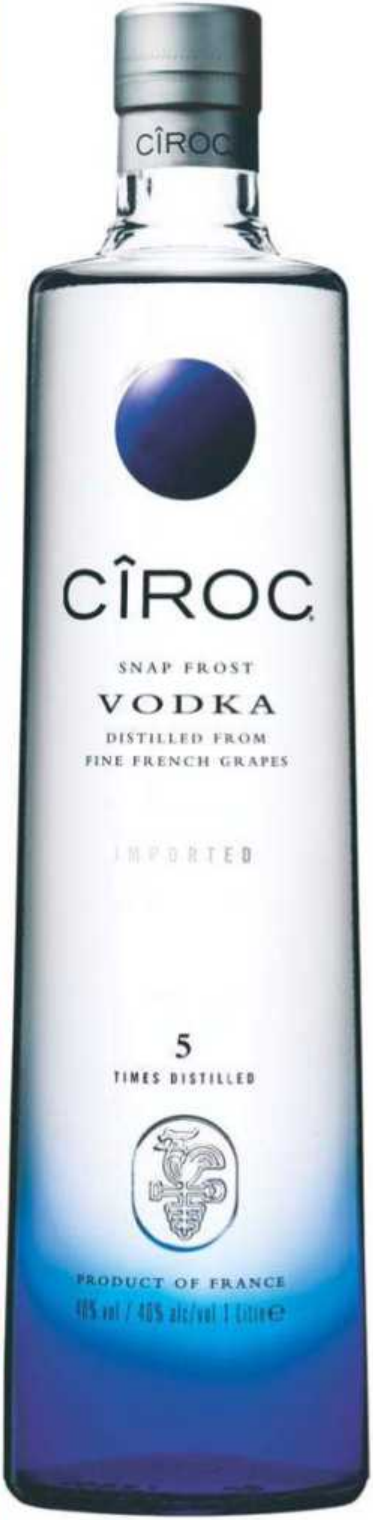


# On Arrival

Mayana Moura & Helena Bordon
for Cîroc Vodka—Rio de Janeiro



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# 2015



# THE STORY SO FAR



Make that *all* the stories. From the highs to the lows and the trending topics, this is what we learned, loved and lusted after this year ▶

# The year for women

FROM BLOCKBUSTER LEADS TO HASHTAG TAKE-DOWNS AND TAKING ON TAMPON TAX, 2015 HAS BEEN QUITE A ROLLER COASTER

START OF 2015



After decades of campaigning, in January, the Church of England ordains Libby Lane as its first female bishop.

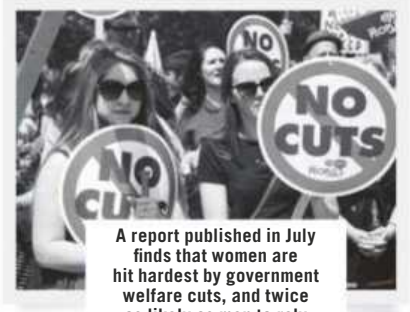


Patricia Arquette uses her Oscar acceptance speech for Best Supporting Actress to highlight the gender pay gap, saying: "It's time to have wage equality once and for all." Meryl Streep leads the applause.

**In February, an edited version of the Reading & Leeds festival poster – with all the male performers removed – goes viral: of the 100 acts booked, only nine of them include women.**



The Women's Equality Party, dedicated to gender equality, is founded by broadcaster Sandi Toksvig and journalist Catherine Mayer, with Sophie Walker as leader.




**A report published in July finds that women are hit hardest by government welfare cuts, and twice as likely as men to rely on social security.**



Feminist blockbuster *Mad Max: Fury Road* smashes the box office; with Tom Hardy's Max playing second fiddle to Charlize Theron's bad-ass Furiosa, it is proof that a woman can lead an action movie, no problem.



Nicola Sturgeon, leading the SNP, wins a landslide 56 out of 59 seats in Scotland.

**Following May's general election, there is a record number of female MPs (but they still only make up 29% of the House of Commons).**



**After Donald Trump intimates during a TV debate that the moderator, Megyn Kelly, was giving him a hard time because she was menstruating, women start live-Tweeting their periods at him with #periodsarenotaninsult.**




Melissa McCarthy Tweets this picture from the new 'all-female' *Ghostbusters* film set, featuring more than 50 female cast and crew members.



Melissa McCarthy
@melissamccarthy

3 cheers to Ellen from all the remarkable women of #Ghostbusters. When we stand together we are unstoppable! #GirlPower



The newly elected Labour leader, Jeremy Corbyn, faces criticism after appointing his shadow cabinet: over half are women, but none of them hold 'top' jobs.



Amy Schumer's *Last Fuckable Day* sketch – starring Tina Fey, Julia Louis-Dreyfus and Patricia Arquette – puts Hollywood ageism in the spotlight.

New rules that allow shared parental leave come into force in April, allowing more flexibility for men *and* women.




**The most controversial advert of the year? Protein World's 'Are You Beach Body Ready?' poster triggers a social media backlash and protests in London's Hyde Park.**




Hillary Clinton announces her bid to become the first female president of the United States.



**Women wearing (shock) flat shoes are turned away from a red-carpet screening at Cannes Film Festival.**

After Canada abolishes tax on tampons, UK campaigners lobby the government to do the same.







Labour's pink campaign bus backfires, with female candidates trying to engage female voters 'round the kitchen table'.

## We said goodbye to two kick-ass women

"I can't say I'm surprised I was successful. I was determined – and I got it."
**Cilla Black OBE**
**1943-2015**



"My weakness is wearing too much leopard print."
**Jackie Collins**
**1937-2015** ▶



**Barrister Charlotte Proudman makes headlines after she shares a message a male solicitor sent her on LinkedIn, which complimented her profile picture. But the resulting backlash highlights complex issues around exposing sexism.**




Naomi Campbell gets behind the #freethenipple campaign, posting a topless picture on Twitter and Instagram to protest their rules on female nudity.

Photographs: PA Photos, Getty Images, Charlotte Barnes, Rex Features, Twitter, LinkedIn, Camera Press, Comedy Central

# Zeitgeist bingo!

IF YOU DIDN'T HAVE FEELINGS ON THESE EVENTS, WERE YOU EVEN *IN* 2015?



Jon Snow's uncertain future in *Game Of Thrones*.

The endless *Fifty Shades Of Grey* 'think pieces'.






The furore over *Go Set A Watchman* (and all the poor kids called Atticus).



Spiralising, courgetti and cauliflower pizza.

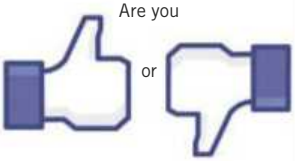
A 'Cheeky Nando's' (ironic or otherwise).






'The Dress' debate. (Seriously, it was white and gold. We think.)

The dislike button. Are you



or



The new set of emojis.

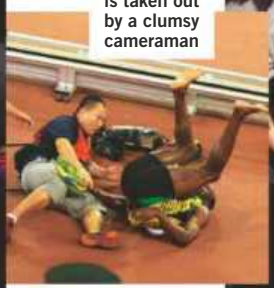
Bloody *Top Gear*.



## The year in fails



**Madonna has a cape malfunction at the Brits**



**Usain Bolt is taken out by a clumsy cameraman**



**Candice Swanepoel takes a tumble during New York Fashion Week's Givenchy show**



**Florence Welch breaks her foot while leaping off stage at Coachella ▶**

Photographs: Rex Features, Sudhir Pithwa, Alamy, WENN, Getty Images

# ISSEY MIYAKE

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# Is **THIS** the year's best

LILY JAMES' *CINDERELLA* PUBLICITY TOUR WAS A MASTERCLASS IN RED-CARPET STYLE. HERE ARE THE INTERNATIONAL FASHION MAVEN'S GREATEST HITS



# wardrobe?




## The icon who sparked a sell-out

It wasn't Cara or even Kate who led this year's copycat closet stampede. It was the UK's youngest style leader, HRH Prince George.



**Visiting HRH Princess Charlotte in hospital**
Waving to the crowds in a Rachel Riley shorts and shirt combo



**Princess Charlotte's Christening**
Looking cute in another Rachel Riley shorts set



**The Festival Of Polo**
Nailing smart/casual in a cashmere Olivier Baby cardigan, Mayoral shorts and Crocs shoes ▶

*Indulge in*
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**drinkaware.co.uk** for the facts

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## 8 amazing moments in women's sport

**1** For the first time in history, the Women's Boat Race was held on the same course and same day as the men's race – and it was the first time it was broadcast on TV, too.

**2** Clare Balding's speech at the Women's Sport Trust #BeAGameChanger Awards: "When they look back at women's sport, this will be the year that it changed. So be bold, and be brave, and do something to make a difference."

**3** Andy Murray slammed sexist criticism of his coach, Amélie Mauresmo: "They say I was plucky choosing Amélie, but truth be told, if anyone was plucky, it was Amélie – she's the one who's taken the heat."

**4** *Saturday Night Live* alumni Amy Poehler and Seth Meyer reunited on *Late Night* for a one-off segment to absolutely destroy *Sports Illustrated* writer Andy Benoit for Tweeting that women's sports are "not worth watching".

**5** With the nation cheering them on, England's women's football team took bronze in the Women's World Cup – the best performance by an English team, male or female, since 1966.

**6** Serena Williams completed the 'Serena Slam' (holding all four major trophies) when she triumphed at this year's Wimbledon final (kudos to GB's Heather Watson, who *almost* defeated her in a nail-biting game).

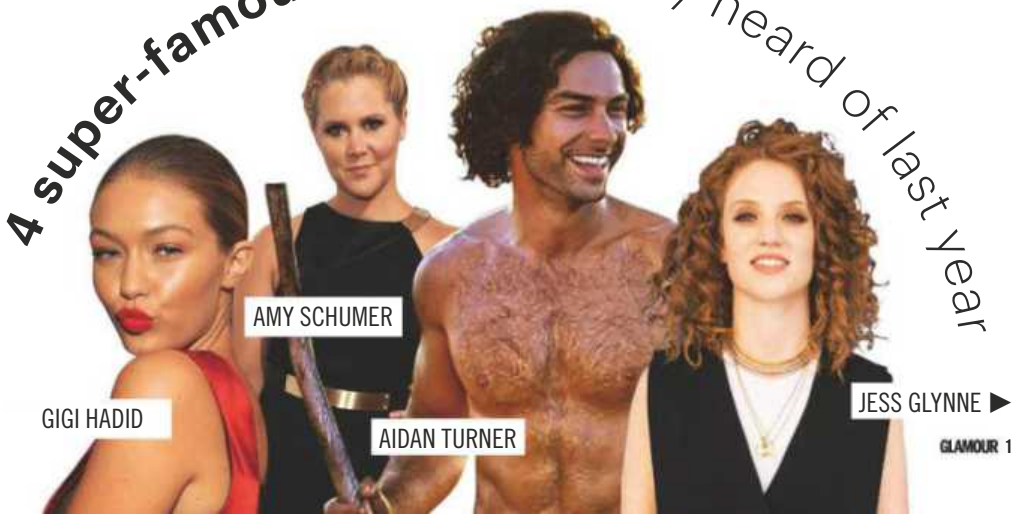
**7** The Women's FA Cup Final – Chelsea vs Notts County – was played at Wembley Stadium for the first time.

**8** After two years out of competition – following injury and the birth of her son – Jessica Ennis-Hill won gold in the heptathlon at the World Championships.

## New words you can now play in Scrabble




## 4 super-famouses you'd barely heard of last year




Photographs: Getty Images, Rex Features, PA Photos, Corbis, Alan Davidson, Famous, Landmark Media, iStock

# A tale of two Jenners

THERE'S NO DOUBT THAT 2015 WAS THE YEAR THESE WOMEN USURPED SISTER KIM WHEN IT CAME TO MOST-COPIED STYLE. BUT WHAT MAKES IT WORK?




Photographs: Getty Images, Rex Features, Flynet, Xposure Photos




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# Design inspired by coffee






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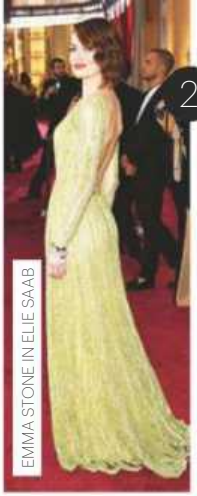
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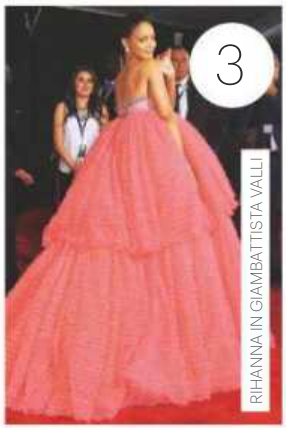
NESCAFÉ. Dolce Gusto.

COFFEE IS NOT JUST BLACK

# 10 looks that slayed the red carpet


1 LUPITA NYONG'O IN GUCCI


2 EMMA STONE IN ELIE SAAB


3 RIHANNA IN GIAMBATTISTA VALLI


4 TAYLOR SWIFT IN ASHISH


5 CARA DELEVINGNE IN MARY KATRANTZOU


6 DIANE KRUGER IN HUGO BOSS


7 ALICIA VIKANDER IN LOUIS VUITTON


8 JULIANNE MOORE IN GIVENCHY


9 FKA TWIGS IN ALEXANDER McQUEEN


10 SIENNA MILLER IN THAKOON

Photographs: Corbis, PA Photos, Getty Images, Rex Features, Matrix Pictures, Capital Pictures, Empics, Xposure Photos

ACADEMY AWARD® WINNER
KATE
WINSLET

ACADEMY AWARD® NOMINEE
JUDY
DAVIS

LIAM
HEMSWORTH

AND

HUGO
WEAVING

# THE DRESSMAKER

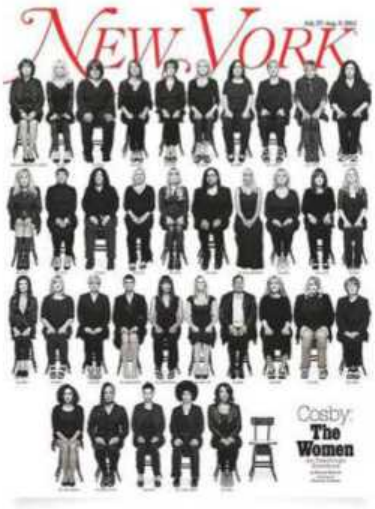



THE TOWN THAT
SOLD HER OUT

IS ABOUT TO
GET STITCHED UP

IN CINEMAS NOVEMBER 20TH

# The front pages that **rocked the world**




























Photographs: WENN, Mirrorpix, John Frost Newspapers, The Sunday Times/News Syndication

# Fashion moments that got everyone talking















## Taylor's Army

**You were no one unless you were in this gang***

*List of guest appearances on p114



Photographs: Rex Features, Getty Images, Jason Lloyd-Evans, PA Photos, Corbis









CLOCKWISE FROM TOP LEFT
**Zoolander and Hansel walk for Valentino in Paris; Rihanna's Guo Pei Met Ball dress; Amal's gloves at the Golden Globes; Anya Hindmarch's 'Men At Work'-themed show; Sia at the Grammys; *Savage Beauty* – the Alexander McQueen retrospective that ran from March to August – became the V&A's most-seen exhibition with 493,043 visitors; the Chanel brasserie; Rick Owens' 'free willy' runway show; the return of John Galliano**

## THE YEAR IN **HASHTAGS**

### #JESUISCHARLIE
Used to show solidarity with the victims of the *Charlie Hebdo* attack in Paris in January.

### #CALLHOMEGIRLS
The London schoolgirls who ran away to Syria in February to join ISIS.

### #HOMETOVOTE
Irish people living overseas rushed home to vote in the same-sex marriage referendum in May. They became the first nation to legalise same-sex marriage by popular vote, with 62% voting in favour.

### #THISISACOUP
Started trending in July when European officials were negotiating a deal that would keep Greece in the Euro after years of debt crisis. Critics thought that the demands faced by Greece were overly harsh.

### #DEARAMERICA
After the Charleston church massacre, the Lafayette cinema and Oregon college shootings, and the murder of news reporter Alison Parker and cameraman Adam Ward on live TV, Twitter users around the world responded by asking the US to take a look at its gun control laws.

### #REFUGEESWELCOME
The public reaction to the Syrian migrant crisis included this hashtag, urging governments to open borders to refugees.

### #PIGGATE
The PM's alleged university antics with a dead pig's head spawned a thousand Photoshopped Twitpics and pork puns. ▶



# YouTube **top trumps**

IN 2015, VLOGGING SUPERSTARS BECAME AN ENTREPRENEURIAL FORCE TO BE RECKONED WITH

## Zoella



5.9m
3.8m
YouTube 9.2m+

- Launched her second beauty line, Tutti Fruity, in collaboration with Superdrug, in July, which became the store's fastest-selling beauty range ever.
- Published her second book, *Girl Online: On Tour*, in October (1.4 million people watched her cover reveal video).

## Fleur De Force



662k
281k
YouTube 1.3m+

- Published her debut beauty book, *The Glam Guide*, in February.
- Released a false lash collection with Eylure in August.
- In September, she teamed up with feelunique.com to release her own make-up line.

## Joe Sugg



3.3m
2.52m
YouTube 5.3m+

- Smashed records with his debut graphic novel, *Username: Evie*, selling 13,745 copies in its first week.
- Racked up this year's highest number of DVD pre-orders in one day on Amazon, for his road-trip documentary with fellow YouTube sensation Caspar Lee.

## THE POWER COUPLE — Tanya Burr & Jim Chapman

COMBINED
3.9m
3.12m
YouTube 5.6m+



### Tanya

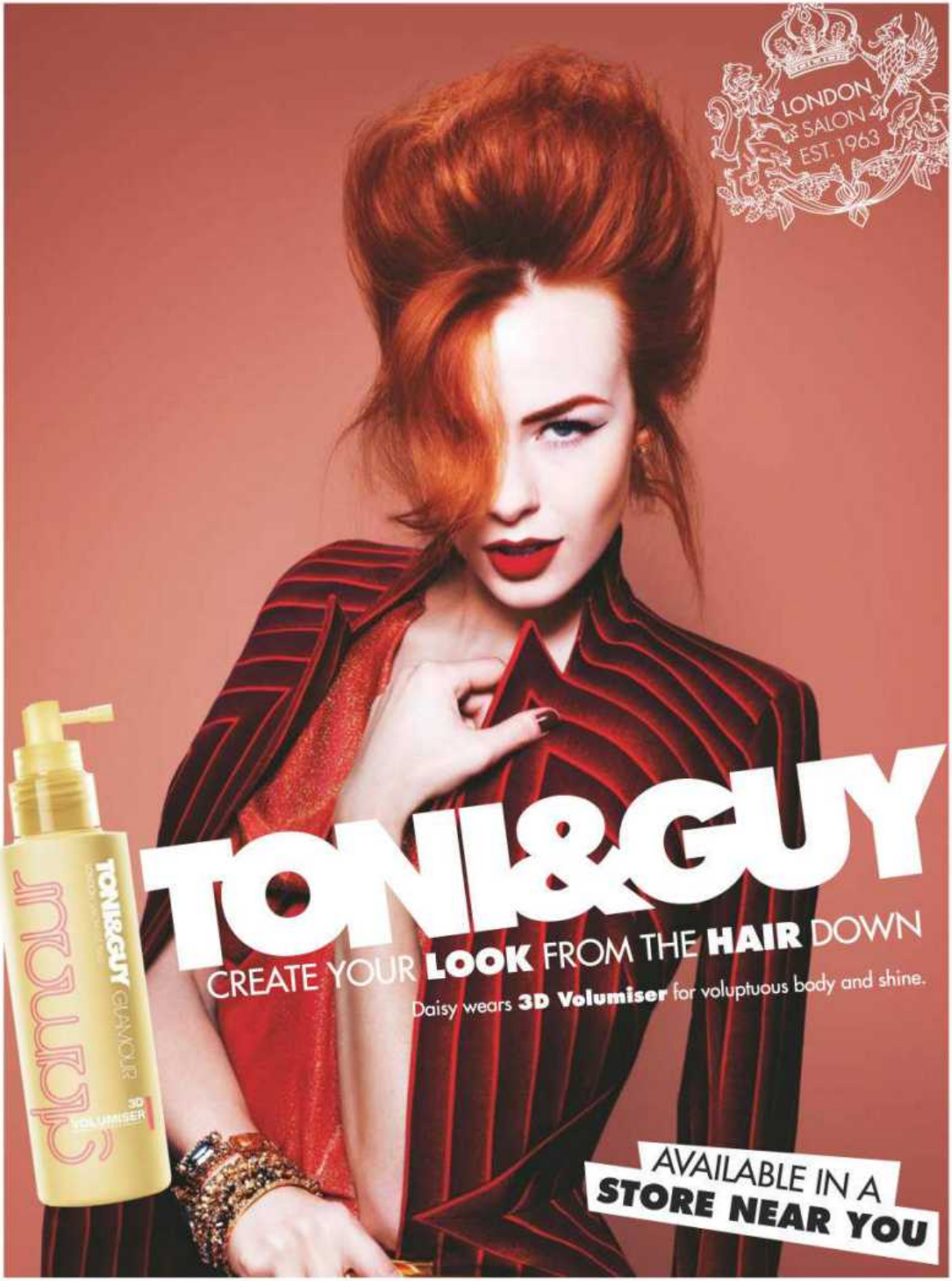
- Published her lifestyle bible *Love, Tanya* at the start of the year, which reached number five in The Bookseller's Official UK Top 50.
- Followed up her best-selling lipgloss and false lash range with Tanya Burr Cosmetics, a full collection of beauty products launched in August.

### Jim

- Branched out into stationery in July, releasing James & Friends, his own line of notebooks, pens and pencil cases.
- Joined *GQ* as a style columnist after ranking in the Top 20 on their annual best-dressed list. ▶



Photographs: Rex Features, Instagram, Getty Images, iStock




WATCH HOW TO GET THE LOOK YouTube HAIRMEETWARDROBE



**Patent leather block heels** £555 miumiu.com



**Suede calfskin shoulder bag** £1,015 Chloé

# The It-list

6 ACCESSORIES WE LUSTED AFTER THIS YEAR (AND BOUGHT THE HIGH-STREET VERSION)



**Patent and Perspex-heeled boots** £1,100 dior.com



**Mini trunk bag** price on request louisvuitton.com



**Silver-tone brass earrings** £465 balenciaga.com



**Christy lace-up flats** £487 Aquazzura at net-a-porter.com

# This year we were mainly wearing...




**Merino wool sweater** £280 bellafreud.com

**Slogan brief** £18 calvin klein. com

**Denim mini skirt** Alexa Chung for AG £164 agjeans.com

**Men At Work Ebury bag** £1,495 anyahindmarch. com G

**Air Force 1 trainers** £90 nike.com



By Helen Whitaker and Hanna Woodside. Photographs: Jason Lloyd-Evans, Getty Images, Rex Features. Taylor's army: Alison Krauss, Lily Donaldson, Andreja Pejic, Andy Grammer, Avril Lavigne, Beck, St. Vincent, Ellie Goulding, Keith Urban, Heidi Klum, Alanis Morissette, John Legend, Martha Hunt, Kendall Jenner, Serena Williams, Karlie Kloss, Gigi Hadid, Cara Delevingne, Dierks Bentley, Natalie Maines of Dixie Chicks, Ellen DeGeneres, Fetty Wap, Fifth Harmony, Dan Reynolds of Imagine Dragons, Jason Derulo, Julia Roberts, Joan Baez, Mick Jagger, Kelsea Ballerini, Justin Timberlake, Leona Lewis, Kobe Bryant, Hailee Steinfeld, Lily Aldridge, Gigi Hadid (again), Lena Dunham, Lisa Kudrow, Little Big Town, Little Mix, Lorde, Malcolm Kelly and Tony Oller of MKTO, Mariska Hargitay, Mary J Blige, Matt LeBlanc, Chris Rock, Sean O'Pry, Nelly, Haim, Nick Jonas, Nicholas Petricca of Walk The Moon, Nico & Vinz, Uzo Aduba, OMI, The Band Perry, Cara, Russell Wilson, Rachel Platten, Sam Hunt, Selena Gomez, Serayah, The Weeknd, Sydney Sierota of Echosmith, Wiz Khalifa, Steven Tyler

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# Cheating: the new therapy?



Infidelity was once the heart-shattering end of love. But with 42% of us open to forgiveness, experts now argue that it can make – not break – a relationship. **Gemma Askham** asks: *really*?

Nice people don't cheat. That's what we're led to believe. And yet this is what I know: my friend James* is using 3nder, an app that pairs couples with singles wanting threesomes, while his long-term girlfriend retrains at medical school 96 miles away. In the last year, three female friends have used the 'different area code' excuse for one-night stands (one on a business trip, one working abroad and another on a girls' holiday). In one married couple, the wife allows her husband of nine years to pursue other women when he's out with his male teacher colleagues; he wants a baby, she wants a career, flings are their trade-off until she's ready.

All of these people are nice. But, like one in 2.7 couples, they're also unfaithful. Writing

with an engagement ring on my finger, a sign of assumed future fidelity, I'm stuck between my rock and a hard reality: despite studies showing that 85% of people condemn infidelity, almost 60% of men and over 45% of women do it anyway. Statistics alone are forcing relationship therapists who once berated infidelity to approach it in a hitherto unheard of way.

"Virtually all couples' therapists have believed since the field's earliest days that no troubled marriage can ever recover as long as there's a 'third party'," confirms high-profile US sex therapist Dr Tammy Nelson. "But whether we like it or not, many couples are far less encumbered with the legal, moral and social strictures that held sway for our parents. Many couples *expect* that infidelity is likelier than not."

Is this depressing reading, or simply realism? The talking point of the Ashley Madison exposé this summer wasn't so much the hacking but the fact that an adultery site had 37 million users. Recent data by research firm GlobalWebIndex found that 12% of the 'singles' on Tinder are in relationships, while a staggering 30% are married. We've never lived in a time when two people can lie in bed together but both simultaneously e-cheat via their smartphones: one watching a webcam performance while the other sexts. Web psychologist Nathalie Nahai believes it's no coincidence that encrypted messaging services such as PQChat (which lets you wipe another person's device of the messages you've sent them) and virtual private networks (VPNs) such as TunnelBear, which protect online activity from being easily traced, are on the rise.

Accepting that infidelity a) is likely and b) occurs on platforms that are a million miles away from the quickie-with-a-colleague cliché, Dr Nelson is changing tack: actively helping couples negotiate how to be unfaithful, but in the least damaging way. The defining principle of her landmark book *The New Monogamy* is the 'monogamy contract' – a set of guidelines, thrashed out by each individual couple before they get serious, that outlines what is (and isn't) acceptable on the cheating scale. "You don't have to write a contract, but have an open discussion about what you want your monogamy to look like," she says. Think: a pre-nup for your heart, not your bank account.

It sounds like a radical and unromantic concept, but she tells me that most of us have an 'implicit' contract anyway – unsaid rules we assume to be true, anything from, 'He won't watch porn now we're together' to 'I'm sure he'd think a drunken kiss was forgivable'. Verbalising your views takes the sting out of later discovering you're not aligned on issues such as: Is it OK to see an ex? Should we tell each other when we masturbate? Is online flirting forgivable if there's no meet-up? Could a bond with a close male friend be classed as emotional cheating?

When, two years into their marriage, Bianca, a 28-year-old finance worker and Rob, 34, became curious about having sex with another person or couple ("a drunken conversation that we kept going back to,"), they set two rules: one, that they'd only sleep with male couples to curb potential jealousy on Bianca's part and, two, regardless of who else was there, they'd always maintain eye contact or physical touch with one another. "Our love is actually stronger as we've become more open," she says.

But what about the betrayal you don't see coming? While a 2008 study proved that emotional betrayal hurts more than physical pain, new evidence is mounting on the contrary. *Rethinking Infidelity*, a TED Talk that makes a case for surviving being cheated on, has had 3.1 million views since March and continues to accrue them by tens of thousands daily. Even among Relate therapists – Britain's 77-year-old counselling service – 94% believe a relationship can thrive after infidelity.

"85% of people condemn infidelity. 60% of men and 45% of women do it anyway"

Why? Well, at it's most basic, very few affairs actually last. Janis Abrahms Spring, author of *After The Affair*, found that 10% of affairs are over in a day, while only 10% make it to a month. And the potential post-affair stigma for the betrayed party is evolving, too. In the past, "divorce carried all the shame," admits Esther Perel, the relationship coach behind the TED hit; then the shame moved to "choosing to stay." *Now*, as we realise that a Tinder-style 'onto the next person' approach doesn't necessarily lead to better love, we're re-accepting that "people are imperfect and relationships take work," as *Psychology Today* therapist Michael J Formica says.

The motivation for cheating is also becoming less personal. Last year, the University of Winchester interviewed 100 ▶




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◀ women signed up to adultery websites and found that not one of them actually wanted to leave their partner; in fact, most said how much they loved them.

Instead of being about lust, among young couples, Perel is seeing infidelity become a way to assert their independence. She told *Slate*, "When I entered marriage, I bought into the whole romantic package: I want to never feel anxious again, never feel a fear of abandonment. But that's very different than the millennials I work with. Their fear is that they will lose themselves, because they've worked so hard to develop their own identities."

It was rebellion against the "conformity, monotony and responsibility" of planning her wedding that tempted Louise, a 27-year-old PA, to reciprocate exchanging graphic messages when a guy she'd online-dated years ago contacted her out of the blue. She has no intention of it going further – but sees her pre-wedding sexting as the last chance she'll get for this kind of illicit, no-strings flirtation.

For Steve*, a physiotherapist, and Maria*, a nurse, now in their thirties, meeting at age 18 and 16, respectively, has meant several affairs – on both sides – as they've tried to reconcile having met so young with not missing out. Now recently married, neither is under any illusion about the other's former infidelity, although the intimate details of who, when and what happened are something both parties agree they'd rather not know.

"The threat of losing a partner can dramatically increase your attraction to them"

The kicker, of course, is what happens when you *do* know? Relate counsellor Peter Saddington believes that as our modern society becomes more open to new forms of relationships and attraction in general, "there is more flexibility in how people respond and more room for forgiveness."

Esther Perel goes as far as to argue that the potential threat of losing a partner can dramatically increase your attraction to them. "Something about the fear of loss will rekindle desire," she says, though with two caveats. Firstly, the perpetrator acknowledges their wrongdoing, actively seeks forgiveness, and helps stop the other person from obsessing. Secondly, the betrayed party must curb their curiosity to mine the sordid details ("Where did you do it? How ▶

## INFIDELITY IN NUMBERS

**63%** of people are aware that they've been cheated on

**3%** of men marry the woman they have an affair with – of those marriages, 75% end in divorce

**1/3** The number of us who've thought about having an affair

**5%** of women have an affair with another woman

**A male friend =** the most common person for a woman to cheat with (53% of all female affairs)

**19%** of women admit that they'd cheat if it was guaranteed they wouldn't get caught

**18.3%** of married women have cheated on their current partner at least once

**3.5** The number of times more likely someone who's previously cheated is to do it again

## The four **types of affair**

Yes, four! Therapist Michael J Formica breaks them down

**OBJECT AFFAIR** When one partner's attention is drawn away from the relationship by a 'thing' – work or a hobby or interest.

**SEXUAL AFFAIR** A liaison driven purely by physical desire. It's usually just sex, and lacks emotional intimacy.

**EMOTIONAL AFFAIR** Based on fantasy, rather than meet-ups. Interaction takes place by text, email or online.

**SECONDARY RELATIONSHIP** A full-blown affair that includes sexual contact, friendship, common interests and routines.



◀ often? Are they better than me in bed?"), which will only inflict more pain.

Somewhere between Saddington's potential forgiveness and Perel's potentially fired-up libido is the middle ground: that infidelity can highlight what your relationship is missing. "Sometimes, it's difficult to define what's wrong. A secondary relationship can provide a window into what may be lacking," adds Formica.

The key, above all, is communication, whether that's handling a now-public affair, or negotiating your terms beforehand. As Nelson explains, "Most couples practising what I call the 'new monogamy' still want long-term loving attachment, affection, mutual trust and security. It's just that their notions about what constitutes emotional and sexual 'commitment', 'fidelity' and 'monogamy' are more expansive than what we've long considered the norm."

For eternity, we've been told that the right thing to do is to be faithful. Yet for many couples, the right thing for them is not to be. And maybe, just maybe, that isn't as shocking as it sounds. G

Relate provides services that can help support anyone with the aftermath of an affair. relate.org.uk

# Could YOU forgive an affair?

## PROBABLY, if...

1 **You can listen to your partner and vent anger** This way, you find out why they did it and discover it's not about you.

2 **You don't expect a quick fix** If you do, you'll think the lack of progress is because your relationship is fundamentally flawed. But you've been hurt; it takes time and patience to recover.

3 **You get help** Reading books, seeing a professional or speaking to a friend who has survived infidelity. You'll understand that pain is normal and doesn't last forever, and it stops you from blaming yourself.

4 **You can learn from it** It could be improved communication or better understanding your feelings. If you can get something positive, it's easier to bear.

## LESS LIKELY, if...

1 **The betrayal was extreme** For example, the affair went on for a long time, involved multiple partners, you know the other person or there's a lasting consequence, such as a child.

2 **Every single row comes back to the affair** Even though it started about him leaving the top off the milk.

3 **It's crippling your self-esteem** You feel that your partner's deceit was all about you, rather than his demons.

4 **There's unexpected sexual betrayal** You've discovered things about your partner that disgust you, or they've said the affair is over – but continue anyway.

By Andrew G Marshall, author of new book *I Can't Get Over My Partner's Affair* (Marshall Method Publishing, £9.99, out now)

Photographs: Diego Uchitel/Trunk Archive. *Names have been changed to protect identity



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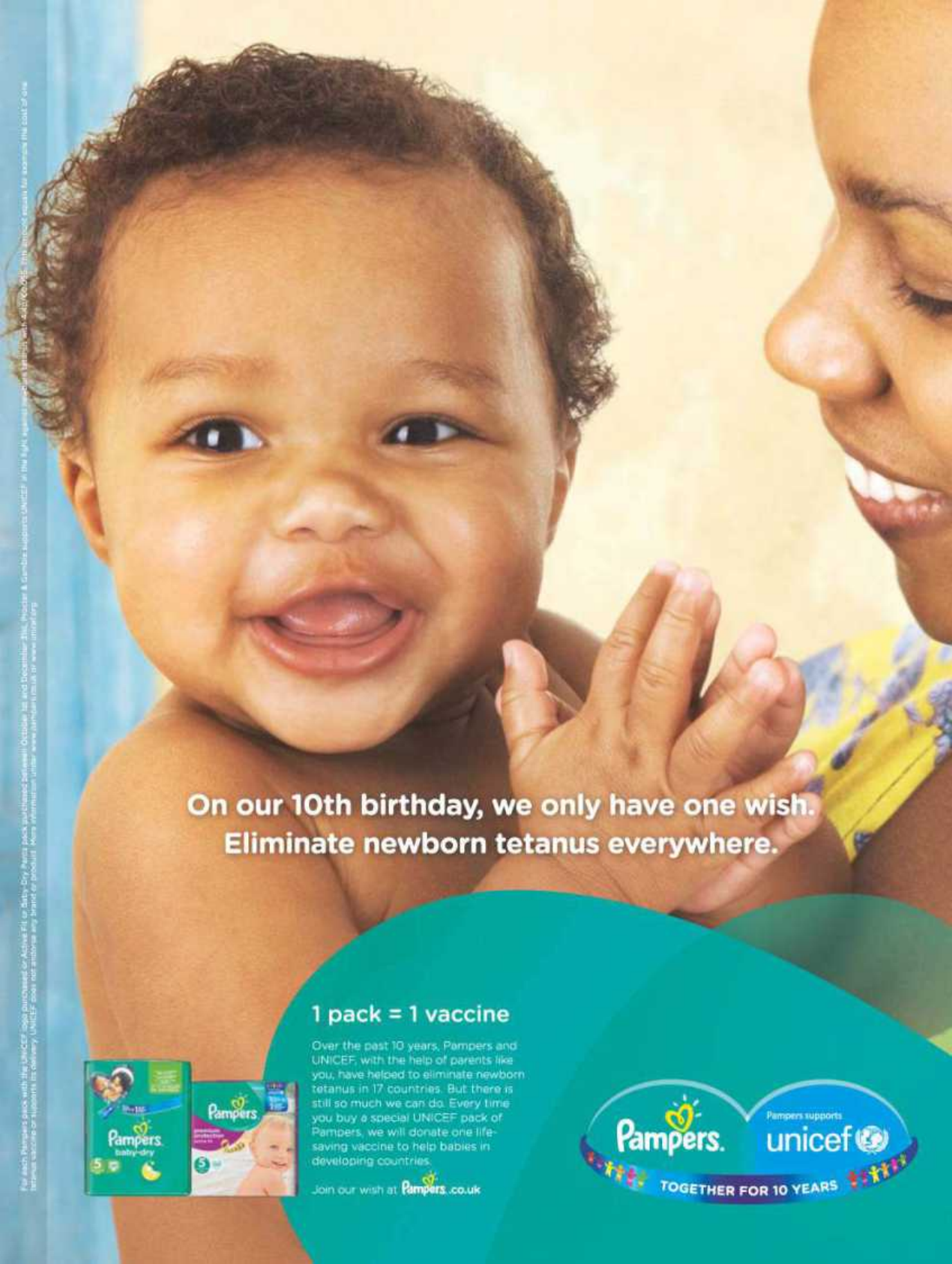
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Join our wish at Pampers.co.uk
Pampers
baby-dry
Pampers supports
unicef
TOGETHER FOR 10 YEARS



# What's the celebration?

It's a Tuesday? The six week-iversary of a job? Seriously, why are we turning every random event into A Thing? asks **Mary H.K. Choi**

Look, I get it. Life can be mundane. And what better way to shake up all the breathing, eating and emailing than to throw a giant, ostentatious party? The temptation is understandable – but not every event deserves a big, blowout bash. Imagine this: a friend invites you to a wedding... for her dog (Google *Broad City*'s 'The Marriage of Atticus and Poppi'; we'll wait). Your colleague wants you and 50 of her closest friends to fly to Vegas for a birthday that doesn't even end in zero. Your kid sister gets a "promposal" – where high-school kids make a grand gesture to ask one another to the prom, and it garners 12 million views on YouTube. Enough! Our constant need for pomp and pageantry is out of hand. So why are adults trumping up every single social engagement?

"This culture of spectacle we're living in is pervading so much of our behaviour," says Victor P. Corona, a sociologist at Columbia ▶

◀ University. "Wanting validation and attention has always been a part of the human condition. But now there's an infinite number of platforms."

Don't get me wrong – there are events that merit celebration. The 50th wedding anniversary (five decades without murdering each other) is a worthy cause. But in an age when everyone is a #personalbrand and every day is a #curated #event, there are too many elaborate festivities. There are just too many of us for everyone to be this darned special all the time. So if you find yourself poised to concoct a bcc blast/Paperless Post/Facebook events page to mark some arbitrary day, think of the rest of us, your friends and family. We're tired. You are too. Give it a rest. Please? Specifically I'd like to unsubscribe from these:



Just a low-key bash for Kim K's 34th birthday, then…

"Our constant need for pomp and pageantry is out of hand"

## Weeklong 36th birthday parties

It usually starts with a drinks thing on a Tuesday or Wednesday, because everyone thinks their birthday is an excuse to stay out late on a school night. It's followed by an intimate dinner for 20. Then, that Saturday, there's a "fun" activity (karaoke/bowling/oooh, dancing!!!) with a boozy post-birthday brunch on Sunday. If you're turning 100, go for it. You've seen a bunch of wars and the invention of the information superhighway, so your existence warrants feting. Also defensible: birthday bacchanals thrown in revenge by single women. You've trooped to countless weddings, gifts in tow, and you just want to throw a big to-do because you're thriving too. Fine. But you have to suck it up and pay for the food, venue and drinks just like the marrieds. Rules are rules.

## Promposals

It's endearing that asking someone to the prom has become a stunt. But having seen a trillion of these on YouTube, most seem far more about a boy outshining his outrageous bro than making the person he has a crush on feel special. What is special: holding the gaze of a nervous girl or guy and drinking in every detail because this person will go down in memory as Your Official Prom Date. Kids, ditch the GoPro and be human.

## Gender-reveal announcements

This is not, as you'd hoped, when everyone goes out for celebratory drinks because Caitlyn Jenner's *Vanity Fair* cover was unveiled and we as a people weren't The Absolute Worst about it. This is when a self-involved couple throws an event to announce whether they're having a baby boy or girl. If I've already had your pregnancy announcement *and* have an invitation to your baby shower, I'm not coming.

## Puptials

As if throwing yourself a wedding isn't already a sufficient indulgence (it's a grown-up prom!), certain pet owners have extended the stress to their blameless dogs. This fancy event involves costumes, an arranged marriage to another indifferent animal, and an overwhelming sense of helpless depression among guests who are worried about the dog owner's grasp of reality.

## Divorce parties

OK. I feel for someone who took the plunge and hoped for forever, only to have it blow up in their face. But cakes that say "I Do, I Did, I Don't" make me queasy. I know divorce is meant to be good news, because, as Louis CK said, "No good marriage ends in divorce". But I don't need to bear witness. This obviously doesn't apply to the divorce party where you go to your best friend's house with a bottle of tequila to let her disintegrate – that's not a party, that's your job.

## Hen parties a week before a destination wedding

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## An anniversary-party return to the location of your destination wedding

Don't make it £2,000. G

Mary H.K. Choi is the author of the Kindle Single *Oh, Never Mind*. Her podcast *"Hey, Cool Job!"* is on iTunes

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# “My life lessons from the Sisterhood”

It’s not the obvious place for a sex writer, but **Caroline Kent** found that joining a convent for a week was exactly what she needed

Bleary eyed, I prise open the door of the chapel, and tiptoe in as quietly as I can. Three nuns are deep in prayer and – despite my sudden interruption – they don’t break away to acknowledge me.

Aware I’m already an hour late, I pick up a prayer script and start to join in, mouthing the words written in front of me – how I am perfect in the eyes of God, that my transgressions can be forgiven and my failures erased. I ask God for me to be made a better person, to be generous, open, non-judgemental and thankful.

Then I look up at the cross on the wall, and think back to the day before, when I was dancing my way through the streets of London at Notting Hill Carnival. How, less than 24 hours later, did I end up praying in a convent?

It was all because of my grandmother. A devout Irish Catholic, she had a huge

Photographs by **Katie Wilson**



**Caroline at the convent in South London**

hand in bringing me up. I saw her every other day in the last few years of her life, and we'd chat about everything from boyfriends to work. When she died two years ago, I was heartbroken.

I'd thought I'd known everything about her, but after her death, a relative discovered she had been carrying a secret all of her life – as a child in Ireland, she was raised by nuns in a convent because her own parents couldn't afford to keep her. The idea that she'd had a past life, which for some reason she didn't want anyone to know about, was hard to deal with. Was it because it was too traumatic, and something she wanted to keep buried deep in the past?

At first, I dealt with losing her by throwing myself into my work, partying hard, and avoiding dealing with my feelings. But my grief caught up with me and, earlier this year, I became depressed and anxious.

On the outside, I looked fine. I had an interesting job, a nice flat, great friends and an exciting social life. But inside I felt lost – even more so when my parents divorced and sold the home I grew up in, something that hit me so much harder than I could have ever imagined.

I kept thinking of my grandmother, as a child, and how she was suddenly without a family home. If I was finding it tough, what would it have been like for her? I wanted to understand the life she'd had and the secret experience she carried with her all those years. 'Why don't I just go and stay in a convent, and see for myself?' I randomly thought after a particularly low night.

I grew up surrounded by religion. My mother – who went to a convent school – dragged me to Mass every week and I attended Catholic school. But at 17, I escaped to London to go to fashion college and never looked back. Ten years later, as a sex writer for magazines and newspapers, my life is about as far from the Sisterhood as you can get. But the more I thought about spending time in a convent, the more it made sense. If nothing else, maybe it would help me come to terms with my grandmother's death.

Convents are private communities and the only women allowed to stay are those considering joining them. But after I enquired at my local church, and made some calls, a Franciscan Sisterhood in South London agreed to let me live with them for a week, as long as I followed the rules of poverty, chastity and obedience.

> "I wanted to understand the life my grandmother had and the secret experience she carried with her all those years"

Arriving straight from Carnival, I'm greeted and shown to my room by Sister Sue, a sixty-something woman wearing a fleece, beaten-up Birkenstocks and a large wooden cross necklace. There are no strictly enforced rules at the convent, rather an expectation that I'll adhere to the vows that the nuns have chosen to live by – including simplicity. So all I have in my case are leggings, T-shirts and hoodies, plus some essential toiletries. Any nice clothes and my make-up bag have been left at home. The convent 'uniform' is a brown robe with a belt made of rope and a wooden cross, but sisters don't wear this all the time, and I choose not to – seeing as I'm not planning on joining full-time.

I have brought my mobile phone with me, but tell myself I'll only check it when absolutely necessary – the sisters practise self-discipline and so should I. There are only three in the convent – most Franciscan houses are small, with between three and ten sisters the norm. The house seems big, and not hugely welcoming. I'd expected candles and a homely, wholesome feel. Instead, it feels stark and a bit like a hostel.

I'm shown to my room – an attic space with a lamp, chair and single bed raised ▶

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◀ a few inches from the floor, and no lock on the door. Sister Sue hands me a house schedule, where time slots specify hour-long spaces for corporate silence, prayers, Mass and meals, with time in between for reading, washing and prepping meals. I'm told that if I need to leave the house, I must move the red pin to the "out" section of a board next to the front door so the others know I've left. "You'll see that you'll be referred to as Guest A," she says.

Her tone is businesslike – polite, but not maternal and reassuring like I imagined. I think of my grandmother, and how she must have felt arriving on her own as a small child, away from her parents and in need of comfort.




"Sisters take a vow of celibacy – but because many join later in life, you don't have to be a virgin"

After waking up late on my first day (the nuns get up at 6.30am) and only catching the end of morning prayers, I feel embarrassed and disrespectful. I decide to make extra effort with the chores after breakfast. We then have reading time before lunch. That's followed by more chores, reading and prayers, before dinner at 6pm. Meals are simple, wholesome fare, like chickpea stew and vegetable bake. The sisters surprise me with their eco credentials, preferring organic ingredients and making their own compost.

After clearing up, there are more prayers, before we all retire to our rooms at 8.45pm. The long, empty evenings fill me with dread at first, but a few days in and my exhausted body and mind are thankful for the nine hours of undisturbed sleep.

But living in such close quarters with a bunch of other women isn't easy and after a few days, I start to feel tetchy. I'm tempted to escape to the outside world for a bit, but I resist. The sisters find comfort in each other, God and themselves, rather than looking outside the convent walls for excitement and connection.

Keen to know more about the nuns' lives, I ask questions whenever I can, striking up conversation while prepping dinner or approaching a sister while she is quietly sewing.

I learn that Sister Sue didn't join the Sisterhood until her forties, when she realised she wanted to "commit my life to what I truly wanted and live around people who felt the same". Sister Gina, a scientist from Australia, thought becoming a nun was the best way to combine her desire to help others with her spiritual connection to God.

All sisters take a vow of celibacy – although because many women join later in life, you don't have to be a virgin. Most sisters simply see sexual energy as a creative energy, which is better directed towards helping others.

But despite this, their modern outlook often surprises me. I notice the bookshelves in the house are lined with feminist literature. I naively hadn't expected nuns to have an interest in gender politics.

And when I tentatively question the idea of God as a man over lunch one day, the sisters surprise me by agreeing wholeheartedly. "We don't usually say 'He' when we pray, we replace it with 'Love' or 'Source'. If you ▶



Without distractions, Caroline was able to reflect on what made her happy

◀ talk as if the centre of it all is a man, eventually you'll start to absorb that into your thinking."

As the week goes on, I build a bond with the sisters. They don't press me for details of my life, but I feel like I can trust them, and want to share things with them. I tell them that it feels like something is missing from my life, but I'm not sure what. Sister Sue tells me she felt like this when she was younger, and reassures me it's totally normal.

I realise how little I talk about my fears and feelings normally, and it strikes me how isolated I have become in my everyday life, and how often I hide my loneliness behind an air of independence. Without the usual distractions of modern life, time moves slowly and I find myself forced to think and reflect. The last time I'd spent any serious time doing that was on a luxury detox in Indonesia; the irony of flying to an island half way round the globe and spending thousands to get the kind of headspace I found an hour from my house is not lost on me.

Time spent reflecting on my life makes me aware of how little I do it. I'm always distracted – with work, nights out, looking at my phone, watching TV – and rarely stop to think about what I need to make me happy.

After a week, my stay at the convent is up. I thought I'd be raring to get back to normal life, but I feel sad at leaving my temporary family. A week of slowing down, putting some structure back in my life and having some headspace has given me a sense of stability that I haven't felt in months. I realise that perhaps the reason I don't feel fulfilled or happy is because I never stop to think about what I really want from life.

> "The reason I don't feel happy is because I never stop to think about what I really want from life"

The sisters concentrate on things that make them fulfilled – whether that's prayer time or the hours they spend volunteering. I often do things – whether a work project or accepting a party invite – because I think it's what I should do. Too many of my decisions are guided by what other people might think, rather than what I want. The sisters don't care what people think of them, only that they are fulfilling their calling. I'm not quite sure what my calling is yet – but I do know that it's something I want to spend time working out.

More than anything, though, the experience has finally made me feel more at peace with losing my grandmother, and reassured me that perhaps her childhood wasn't so bad after all. I'll never know for sure what those years were like for her, or why she never talked about them. Perhaps it was a sense of shame at being abandoned that kept her from sharing her childhood with me.

But if I found such a sense of belonging during just one week with the sisters, then maybe my grandmother had a group of women who loved and supported her, too. G

Hair & make-up: Salina Thind. Fashion Editor: Lucy Walker. Fashion Assistant: Estefania Hageman. Caroline wears: patchwork dress Preen By Thornton Bregazzi at harveynichols.com; earrings and rings sweetpeajewellery.com; brown dress Lanvin at liberty.co.uk

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# A very **Perry** Christmas

No one embraces a theme quite like Katy Perry – so who better to get us into the spirit than the pop darling herself? Here, she talks epic parties and why *nothing* is too cheesy for the festive season. By **Helen Whitaker**

"Next year I just want to let go a little bit more and – how can I say this as elegantly as possible – give less fucks about outside commentary." Fashion chameleon Katy Perry has never come across as a person who gives *any* fucks about what people think of her style – from green hair to merry-go-round stage costumes, she's tried it all – but right now, she's talking about her resolutions for 2016 and she's standing firm. "I want to experiment with being creative and artistic," she says. "Really tapping into the artist that I am and presenting that in ▶



Katy gets her jingle bells on in the new ad for H&M

◀ styling. I will look less for people's approval." She is Katy Perry, hear her roar.

When we speak, the 31 year old is 141 dates into her gigantic Prismatic World Tour and has just touched down in Lima, Peru. She sounds surprisingly chipper for a woman who has spent much of this year on the road. I suspect the jovial tone combatting the jetlag has something to do with the fact that we're talking about one of her favourite topics – Christmas.

"I love a theme! I love a theme!" she says enthusiastically (and somewhat unnecessarily – after all, this is the woman who has dressed up as a giant Cheeto and Justin Bieber for Halloween). "I had a really big party last year, where I had actual reindeer and my own Santa. There was a miniature gingerbread house with a mini Mrs Claus in it, and she was giving out warm gingerbread cookies to decorate."

The most successful celebrity collaborations are always the ones that seem authentic, so H&M asking Katy to be the face of its holiday range couldn't be a neater fit. As well as starring in the accompanying advert (airing from November 23), she has also written the song for it, *Every Day Is A Holiday*, with DJ Duke Dumont. In the ad, she models the festive range – everything from Christmas jumpers to killer party heels – which dovetails with Katy's own fail-safes for party dressing: "Glittery, of course. Velvet sometimes. I like a faux fur. I love the UK





From left **Katy with Santa at her Christmas party last year; dressed as a gingerbread man to poke fun at "worst-dressed" lists; as a fairy in the H&M ad**

company Shrimps." And then there's always a tongue-in-cheek nod to the season. "I like putting an ornament in my hair – last year I had a little Christmas gnome. And I think red lipstick is super Christmassy. I wear a full tuxedo in one of the scenes in the commercial. I put it on and they were ready to pin it, but it didn't need one pin. I've worn beautiful, chic business suits, but I've always had to tailor them, and this was such a miracle. It fit me so incredibly well that I spoke to a few people at H&M and was like, 'I need a few of these different suits!'"

The holiday season chez Perry sounds like the closing scenes of a classic Christmas movie. Instead of exchanging presents, they go on a family holiday, which includes her parents, sister and niece. "We talk about it a few months in advance, and figure out if we want to be Christmassy with snow or soak up the sun – it's decided by committee," she says. If they're celebrating in her home town of Santa Barbara, there will be a tour of all the neighbourhood lights a couple of days prior to the 25th.

On Christmas Day, they "definitely do Bellinis," she laughs, and board games feature heavily – *Apples To Apples* is a favourite. "We all make food together. My mother still does stockings, which is adorable – she still puts a toothbrush in my stocking and some extra socks. If we're in town, we like to go to the movie theatre. It's really not that fancy – it's cosy and onesies and sleeping in!"

"Last year I had a big party with my own Santa"

But it does start long before December: Katy starts playing Mariah Carey's Christmas album the day after Thanksgiving, in November, and has her calendar marked to put her festive decorations out this month too. "I've been doing so much prep for it already [the campaign shot in July] that it's put me in the Christmas state of mind way, *way* early this year. I like *I Saw Mommy Kissing Santa Claus*. I don't think anything is cheesy about Christmas," she announces. "More cheese is more Christmas."

So aside from less fucks, what does Katy want in 2016? "It's really simple: it's just continued health for my family, happiness, togetherness and get-alongness," she laughs. "I don't think that's a word."

Like it matters. Katy Perry is doing things her way, made-up words and all. G

The H&M festive collection will be in stores from mid-November




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# SO... KIDS?

When did this *incredibly* personal decision become everyone else's business? But forget the pressure and presumptions: with one in five of us staying child-free, there's definitely no "right" answer. Here, 12 women share how they made their choices. By **Kerry Potter** ▶


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## "I'M GETTING STERILISED"

***Holly Brockwell, 29, dating***

"On the fifth time of asking, I've finally got a GP to agree to refer me for sterilisation on the NHS. Having children has simply never appealed. I've felt like this for a long time and I can't see that changing. My mum had five children and talked a lot about how, even though she loves us all dearly, she'd do things differently if she had her time again. She had to set aside her dreams and we took up all her energy, money and time. My position makes dating difficult: most men I meet want children, so I feel I should bring it up early on, as it's not something you can compromise on. This means a lot of awkward conversations in bars. Once, when I was speed-dating, I mentioned my stance and the guy just walked off. People can be very judgemental. I get told I'm selfish or that I just haven't met the right person."

## "WE WANT DIFFERENT THINGS"

*Jillian Burns, 33, engaged*

"I'd love to have kids – my sister has two and I feel broody around them – but I've recently discovered that my fiancé, who has a son from a previous relationship, definitely doesn't want any more. We've never talked about it before now. I naively assumed that we wanted the same thing, so didn't bring it up earlier. We're at a crossroads, but every time we try to have a conversation about it, we end up not getting anywhere and changing the subject. I'm hoping I can change his mind, but maybe that's just wishful thinking. I'm wondering: if we stay together, in 20 or 30 years' time will I resent him for not wanting to have children?"

## "I had children because it seemed the right thing to do at the time"

***Jenny Forster, 39, married with two children***

**"I'm wistful for my life before children – the spontaneous nights out, the exotic travel..."**

"I fell pregnant at 32, soon after I got married. Of my university gang, four of us married and had babies within the same 18 months – it was a domino effect. It's a taboo thing to say, but I'm not sure I was ready for motherhood then. It was just the conventional thing to do and I was swept along with that. All of my friends seemed to take to it brilliantly, whereas once I'd got over finding my maternity leave terrifying, I found it boring. I'm ashamed to admit that I was relieved to go back to my job in advertising. Looking back, I probably had postnatal depression. I've since had another child and feel I've learned how to be a good mother. I'm wistful for my life before children, though; the spontaneous nights out, the exotic travel, the summers at festivals. I love my kids, of course, but I think it's disingenuous to pretend that motherhood is this endlessly fulfilling, life-enhancing journey."

## "I LOST HIM, BUT I STILL HAVE OUR DAUGHTER"

*Lizzie Jordan, 34, widow, mother of one*

"I hadn't given any thought to if I wanted children when I accidentally fell pregnant at 23. I was living with my boyfriend in a tiny flat in London, working 14-hour days and partying hard. I was embarrassed to tell people at first. But Jaye was born and we fell in love with her and it was perfect. Then life took a horrible turn: when she was 13 months old, her dad fell ill and died suddenly. We found out that he'd had AIDS and that I was now HIV positive. Thankfully Jaye isn't – I'd never have forgiven myself if she was. I felt huge responsibility – we'd gone into parenthood as a team, and now I had to do it alone. Ten years on, I'm healthy and happy. I see glimpses of Jaye's father in expressions she has, so he lives on. I'm glad I had her when I did – if I'd found out about the HIV earlier, I probably wouldn't have wanted a child, and I'd never have experienced motherhood."

## "I'VE COME TO TERMS WITH NOT HAVING CHILDREN"

***Kelly Da Silva, 33, married***

"We tried to have children for eight years, exhausting all the medical options, suffering a miscarriage and spending £20,000. A year ago, after our fourth IVF cycle failed, we decided to draw a line under it – we'd put our life on hold for years. Afterwards I was left with this huge question of, 'Now what?' I'd always imagined having a big family. I had a very dark three months, feeling empty and isolated. I also felt ashamed, like it was my fault; the world is very family-orientated, and you can't escape that. When you meet someone, one of the first things they ask is: 'Do you have children?' Now I feel I've turned a corner. I've rebooted my career – I was a teacher, but retrained as an EFT (emotional freedom technique) practitioner, specialising in fertility issues, and I run a support group for women in a similar position (thedovecote.org). It feels good to focus on the things I can control. I can't fill that gap, but I've found a purpose and I now understand that you can have an amazing life without children." ▶

## "I DON'T WANT THEM, SO STOP TELLING ME I DO!"

***Lizi Legge, 23, dating***

"Having kids could not be further from my life plan. I'm focused on building my career and I want a job that involves travelling. I find it so frustrating when people say, 'Oh, you're young, you'll change your mind.' If someone tells you they want children, you don't try to talk them out of it, do you? That'd be considered rude."

## "A RELATIVE TRIED TO BRIBE ME TO HAVE A BABY"

*Ting Newall, 31, married*

"I'd been married for precisely 20 minutes when the first person at the reception asked me when we were going to have children. But I've known for a very long time that I don't have that maternal instinct. When my husband and I first met, we had the discussion – I was nervous about admitting that I didn't want children. He's open to the idea of kids, but doesn't feel it's a ticking time-bomb over our relationship. I feel less defensive about it now; in my twenties, it felt like a constant onslaught of friends, family, colleagues and strangers going on about it. One relative even offered us a five-figure sum if I fell pregnant! I laughed it off, but I was gobsmacked."

## "I'VE FROZEN MY EGGS AS AN INSURANCE POLICY"

*Emma Sparks, 36, single*

"I really want kids, but haven't met the right person to have them with. A few years ago, I discovered that a hormone imbalance meant it'd be hard for me to get pregnant, because my eggs weren't developing properly. I decided to have IVF to stimulate the eggs' growth, then they were removed and frozen. It was hideous, but I'm so relieved that I have this insurance policy. My ideal scenario is to find a partner, get married and use the eggs to have children. It's an issue that hangs over my dating life, but the good thing about online dating is that your views on kids are on your profile, so you can weed out people instantly. I don't tell people straight away about my frozen eggs, though, in case they run a mile! If I don't meet someone, I'll consider using donor sperm. I've given myself two years before I make a decision."

## "I was a teenage mum"

*Natalie Lukaitis, 30, married with two children*

"I met my husband at 12, we married at 17 and had our first child at 18. Our families were supportive, but lots of people said, 'They're too young, they'll never make it.' Now, ten years on, the same people say: 'Aren't they an amazing family?' I always wanted to be a young mother – my parents were young and they were friends as much as parents. There are stereotypes about teenage parents, but I'm a professional writer, my husband is a lawyer, and we planned everything. I missed out on a lot in my twenties, and I'd be the only one in university lectures with a baby strapped to my chest. But I have no regrets. Now my friends are just starting to think about children, while I feel like my thirties are *my* time, and a chance to get my career to where I want it to be."

**"There are stereotypes about teenage parents, but we planned everything"**

## "I BECAME A MUM AGAINST THE ODDS"

*Emily Dent, 30, engaged, mother of one*

"At 18, I was diagnosed with endometriosis and had a series of operations. I resigned myself to the idea that I would probably not be able to have children. When I fell pregnant at 27, I couldn't believe it. I took six pregnancy tests. It was such a shock, but turned out to be the greatest thing. I love having this little best mate who's always there. He's now three and I'm thrilled to be pregnant again."

## "I HAVE FOUR KIDS AND I LOVE IT"

*Lynsey Smith, 37, married, mother of four*

"People assume that at least one of my children must have been an accident – no one can get their head around the fact that I planned all four. But I've wanted to be a mother for as long as I can remember, and I work as a nanny – I just love being around kids. I had two with my first husband and was happy with that, but we split up when our second child was 18 months old. I then met my second husband – who was desperate to be a dad and brilliant with my two – and we decided to have children together. I run things like a military operation – you can't wing it with four kids. We don't have much spare cash or free time, but it was my choice to have four. When they're older, things will be different, but I totally accept that my life at the moment is all about them."

## "OUR CHILDREN HAVE TWO MUMS"

***Amber Wilde, 26, mother of two***

"I've been with my partner, Kirsty, since I was 15, and I always pushed for children. The deal was that I'd carry them, and she would stay at home and raise them while I work. I had IVF with imported donor sperm and our twin boys were born eight months ago. I wrote a blog about it and the negative reactions were awful: people said we were selfish, that children deserve a father. After giving birth, I felt vulnerable and did briefly wonder if we were depriving the boys of a male parent. Now I just laugh at the comments. We live in a conservative suburb, but old ladies stop us in the street to say how lovely it is for the boys to have two mums. I'd like five kids, ideally. Then I'd like to be a surrogate. I just love being pregnant and giving birth."

Photographs: David Oldham, Getty Images, iStock (posed by model)

# ALL WE WANT FOR CHRISTMAS

## As The White Company turns 21, GLAMOUR fashion editors share their present picks for a fabulous festive season



**JO HOLLEY Retail Editor**

"Party season needs a hard-working wardrobe, so I always visit The White Company for an outfit fix. This dress is perfect for our office do."



**Lace Shirt Dress** £149

**MY TOP TIP**

"Treat someone to Twenty One, the divine new scent by The White Company's founder, Chrissie Rucker, MBE."



**Reversible Sheepskin Gilet** £525



**Faux Fur Throw** £175



**Wishbone Cuff** £59

**Winter Diffuser** £25

**MY TOP TIP**

"Home fragrance will make even the most hard-to-please friend feel special."



**HOLLY WHITE**
**Fashion Assistant**

"Cosy up with soft textures, such as faux fur, sheepskin and velvet. Luxe throws and cushions are dreamy gifts to receive."



**Twenty One 30ml EDT** £30



**LUCY WALKER Shopping Editor**

"Christmas shopping doesn't have to be stressful. To avoid the crowds, head to thewhitecompany.com for gifts aplenty. Easy!"



**Large Fir & Berry Botanical Candle** £35



**Cashmere Roll Neck Long Jumper** £139, **Suede Fringe Strap Bag** £129



**White Christmas Heart Pomander** £15

**MY TOP TIP**

"A cashmere jumper is a guaranteed hit for anyone who loves fashion."



**Chunky Stitch Roll Neck Merino Jumper** £129



**The Little White Company Party Dress** £34

**MY TOP TIP**

"Got kids? Head to The Little White Company. My girls love the sparkly dresses."



**Antiqued Dinner Candle Holder** £12



**Mulled Wine Candle** £28



**CLAUDIA MAHONEY**
**Executive Fashion & Beauty Director**

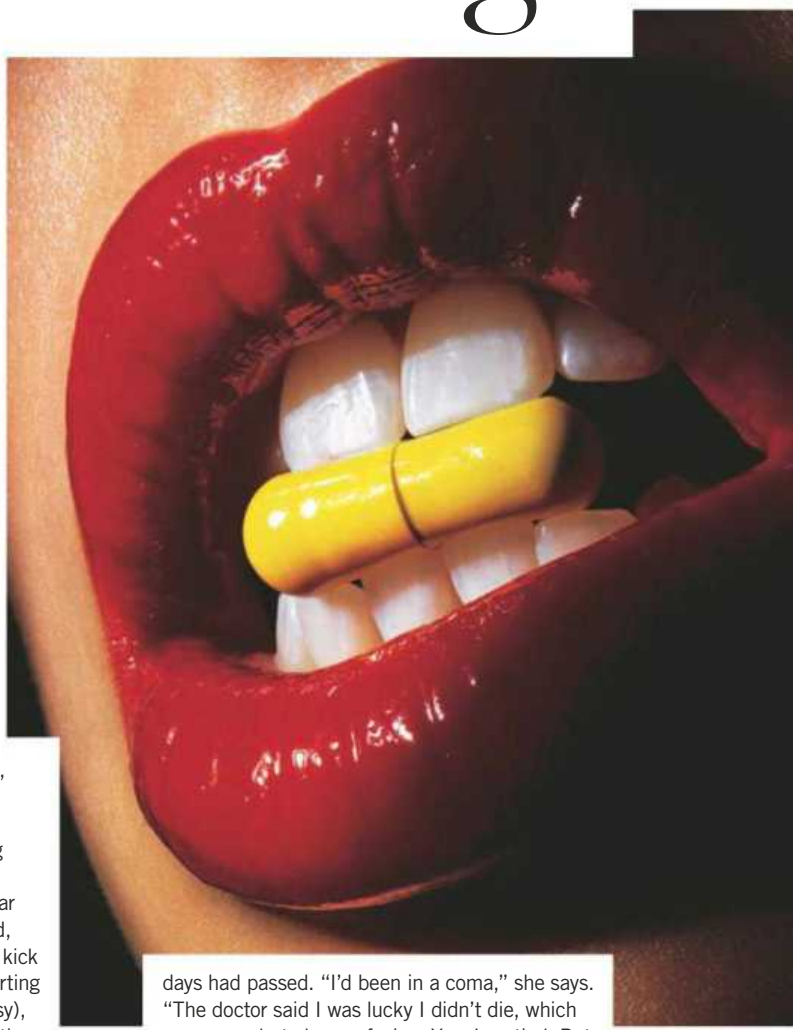
"I love entertaining, so make sure the house is party ready with gorgeous scents. This new Mulled Wine candle is top of my wish list."

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# Is everybody on something?

We wanted to know where you stand on drugs, so we did an exclusive GLAMOUR survey. The results? One in three women take drugs recreationally – and are convinced they can do it safely. But is that *really* possible?



Back in April 2011, Rachel, a PA, woke up in an unfamiliar room. 'Where the hell am I?' she wondered. White walls, beeping monitor, IV needle in her wrist. 'Hospital. But why?' The 29 year old remembered taking ecstasy with her friend, Stacey, at Coachella, waiting an hour for it to kick in, then taking another. She remembered snorting MDMA (the psychoactive ingredient in ecstasy), and some cocaine. And she remembered getting to the hotel, making herself sick, and freaking out that she wasn't coming down. Then, nothing.

Around 9am, Rachel would later learn, her roommate woke to a terrifying sight: Rachel was foaming at the mouth and having a seizure. By the time Rachel opened her eyes in hospital, three days had passed. "I'd been in a coma," she says. "The doctor said I was lucky I didn't die, which was scary, but also confusing. Yes, I partied. But I didn't feel like I'd gone on some crazy binge."

But two doses of ecstasy, MDMA and coke *is* a binge, experts say. "Mixing drugs increases your risk of things like panic, overheating and heart problems," says Dr Adam Winstock, consultant psychiatrist and founder of the Global Drugs



Survey. "Data from the survey indicates that, last year, about one in 100 users of drugs such as MDMA had emergency medical treatment. You don't have to be dependent on a drug to have problems. You can have negative consequences if you use sporadically."

While Rachel is more cautious now, she still smokes weed and has taken ecstasy, mushrooms and ketamine since. "I'm tame compared to most people my age – I don't even drink," she says. "I'm more responsible; I take a small amount."

"Responsible" drug use? Is there such a thing? Many young women believe so: in an exclusive GLAMOUR survey of 1,024 women, that idea came up time and time again. 32% of women in our poll say they've used street drugs (like pot, ecstasy and cocaine), or prescription drugs (like Adderall and oxycodone, often called OxyContin) recreationally. And a quarter of women believe using drugs is OK, as long as you're not hurting anyone or developing an addiction.

**"Mixing even relatively small amounts of these substances can kill you"**

The picture that emerged is of a user who approaches her habit in the same shame-free, matter-of-fact manner she might approach her diet or exercise routine. Women said they Google safety information, have rules about what they'll consume, and "buy locally" from friends. "This is a huge cultural shift that no one is talking about," says Dr Joseph Lee, from the Hazelden Betty Ford Foundation in the US, which runs addiction treatment centres. "There's a big pool of women who are educated and have their lives together – and subscribe to the philosophy of better living through chemistry. We're blind to this group who may not be addicts, but are at risk nonetheless."

So what are the risks? And why are women ignoring them? We went in search of answers.

## "DRUGS ARE A WAY TO BOND"

Think of a drug user as someone who parties hard and is out of control? More than half of the women in our survey who use drugs say they do so with friends and boyfriends – often as a way to connect, experience something new, or relax. "Many people assume it's normal to be chemically enhanced with a prescription or the latest party drug," says psychiatrist Dr Kimberly Dennis.

"At first, drugs were my naughty rebellion, but they've turned into something more intentional and self-reflective," says Cassandra, 23, an event planner who uses weed, mushrooms, acid and MDMA. "This isn't about getting loaded. For my friends and me, it's about creating community and escaping our busy lives."

Angela, 23, an entrepreneur, who also uses mushrooms and acid, admits she likes to have a wild night every once in a while, "but 90% of the time, I take drugs to foster great conversations and relationships. When I'm tripping, I can be open and vulnerable. We discuss the future and our pasts; you get away from the craziness of work and Instagram and Facebook."

We all crave connection, says psychiatrist Dr Kimberly Dennis. "Technology isolates us; there's been an erosion of social skills due to all the ways we communicate in a non-face-to-face manner. Many people assume it's normal to be chemically enhanced with a prescription or the latest party drug. The question becomes, 'Why do I need mushrooms or cocaine to have a deeper connection to another human being?' Because when you need to use a substance to connect with somebody, your primary connection isn't with the person; it's with the drug."

*How* women get their drugs can add to the experience, too: 50% of our poll participants say friends or family provide them. "You're part of the circle," says Dr Dennis. "And when you share a secret with another person, you feel closer." ▶

### Who's taking what?

GLAMOUR surveyed more than 1,000 women aged 18-40 about what they smoke, pop and snort. See anyone you know here?

**1 in 3** women say they have taken drugs recreationally.
Of those women...
**82% have tried weed**
**42%** have used painkillers like OxyContin
**35% say they've tried stimulants like Adderall**
**32%** have taken anti-anxiety drugs, such as Xanax
**24% say they've used cocaine, the most common street drug**

i'm lovin' it®

# I'M DREAMING OF A TOFFEE LATTE




From 4th November 2015.
Participating stores. © McDonald's 2015

## "THEY'RE A WAY TO GET AHEAD"

"We're seeing an increase in stimulant medications used to boost production at work and cope with pressure," says Dr Winstock. Other medication can also be used to cope with stress or emotional issues. One of the fastest-growing problems in the UK is Tramadol – a semi-synthetic opioid painkiller. "It acts like a heroin-like pill – I've seen a lot of people seek treatment after getting addicted. Often these pills are shared with friends – but they're not biscuits!"

Stimulants such as Adderall and Ritalin are prescribed for attention deficit hyperactivity disorder, and are seen as brain-boosting drugs. "Women are using them to sculpt their best selves – the smartest, most productive, thinnest," says Megan Jones from mental health site golantern.com. But "academic performance declines in those who use ADHD drugs without a prescription," adds Dr Amelia Arria, from the University of Maryland's School of Public Health.

Kelly, 30, an accountant, was engaged to a medical student and felt "on top of the world", thanks, in part, to the Adderall she stole from him. But two years into her marriage, she caught him cheating. Prescribed Xanax, she cried all the time, until a friend gave her oxycodone. "I thought I was too smart to get addicted. But soon, I was so exhausted I lay in bed for three days." Her parents put her in rehab. "I thought I was using drugs responsibly. Then everything came crashing down."

### Alcohol and drugs

**63%** of users say they've taken drugs while drinking. But together, "drugs – and alcohol *is* a drug – can mask each other, which makes it easier to use too much," says Dr Lee.

Under the influence...
**16% of users have blacked out**
**4%** say they've been raped or sexually assaulted
**4% have overdosed**
**32%** say they'd like to quit

## WOMEN THINK THEY USE SAFELY

In our survey, 17% of those who use drugs compared it to having a few drinks. Likewise, nearly a third believe it's safer to take prescription drugs like Xanax recreationally than street drugs, like coke. And Dr Winstock has clients who've been given what they've thought was coke at a party, but it turned out to be ketamine and they've ended up immobile and unable to call out for help.

**"I thought I was too smart to get addicted"**

Today, many women practise what they think of as "safe use". The women we spoke to discuss buying drugs as if they were shopping for kale. "My friends and I educate ourselves," says Amanda, 23, an entrepreneur. Angela says she buys only from "trusted" sources: "We need to know what we're getting. Especially if it's MDMA, which is a risk because it's adulterated." Veronica, 23, a publicist, adds: "It's convenient, and safer, to buy drugs together. My friend found an amazing source of acid so bought 100 tabs to sell to friends, which means we know the product is clean and reliable."

Each person has their own rules. Cassandra drinks lots of water and never takes "cheap" drugs. Veronica sticks with weed and Adderall, drugs she feels are safe. ("But Xanax? Painkillers?" she says. "That stuff can kill you.") Becca, 24, a marketing professional, says she researches for side effects and dangerous combos. "But," she admits, "I sometimes wonder whether all this information is really making us safer or just giving us a false sense of security."

## EVERYTHING'S OK – UNTIL IT'S NOT

We asked the experts – does information equal safety? Their answer – no. "This idea of responsible drug use is similar to saying, 'I'm playing Russian roulette responsibly,'" says Dr Dennis. "The bullet does come around." Here are the facts:

Prescription drugs aren't safer. Chemically, Adderall and cocaine are practically twins, says pharmacologist Nicole Cartwright Kwiek. Between 2010 and 2013 in the US, A&E visits related to prescription stimulants tripled among those aged 18 to 34. And in 2010, four times more women died from prescription painkillers than from cocaine and heroin overdoses combined.

The mortality rate is rising. Data published by the Office of National Statistics shows there were 3,346 drug-poisoning deaths registered in England and Wales in 2014 – the highest since records began in 1993. Deaths involving cocaine increased almost 50% from the previous year and deaths from heroin and/or morphine increased by almost two thirds between 2012 and 2014.

There has been a significant shift in the MDMA market in the past five years from pills to powder, as well as the increased purity in the powder. Consequently, the average dose of MDMA has increased. "It's why the amount of people seeking medical treatment has tripled each year," says Dr Winstock.

And friends can't guarantee safe drugs. Nearly half of UK ▶

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*Gone*




FERRERO

By Ginny Graves. Photographs: Richard Burbridge/Art + Commerce, Jennifer Livingston. Names have been changed. globaldrugsurvey.com

◀ adults (53%) who've taken drugs in the last year obtained them at their home, or someone else's, and over half (54%) said that they had got them from someone well known to them. One UK government survey found that 38% of respondents who had taken ecstasy in the past year thought that it was very or fairly safe to take. But less than 5% of ecstasy is untainted, warns toxicologist Dr Eric Lavonas. "And some of the new drugs are so potent, we're seeing terrible reactions. Seizures that won't stop. Temperatures of 108°F (42°C) that lead to multi-system organ failure."

Addiction is a real possibility. "It's a myth that people with addiction have to use a substance every single day," says Dr Dennis. "Lots of women who wind up in rehab were only using sporadically. In fact, that's becoming the norm." Around 750,000 Britons take drugs every day, but the majority are infrequent users and take them, on average, less than once a month.

But help is available. If you think you have a problem, says Dr Lee, talk to a therapist with addiction training (find one at addiction.org.uk). Be honest with your doctor about what you're taking. And remember, says Dr Arria: "You might feel OK today, but in the long run, you'll be better off if you learn healthier coping strategies, like how to express your true feelings."

**"Lots of women who wind up in rehab were only using sporadically"**

Dr Lee makes one concession: "Most women who use drugs won't have catastrophic problems, just like most people who speed won't die in a car accident," he says. "But we all assume we'll be the lucky ones, which means someone will be wrong."



## "I was in a fog on drugs – now I have purpose"

**Kelly (see p147) used to self-medicate with Adderall, Xanax and oxycodone but has been clean for nearly four years. Here's a typical day for her now:**

**5.45am** Wake up. Three and a half years ago, I had to take Adderall and oxycodone just to start my day. Now vitamins are my go-to. I get my daughter and myself dressed for child care and work. Being a single mum is a piece of cake compared with my old life. Now I have a purpose.

**8.30am** I arrive at work and catch up on emails and texts. In the past, I'd show up an hour late and either didn't care enough or was too scared to respond to messages. Now I know I have to give back to people to keep these relationships alive and healthy.

**11.30am** I leave work to grab food and run an errand. Managing my time makes a huge difference in my anxiety levels. Lunch used to entail a couple of glasses of wine or shopping – anything to take my mind off how miserable I was.

**3pm** I'm tired, so to re-energise, I make a green drink and talk to colleagues. Before, my body was breaking down – I was going to hospital once a month with strange illnesses. That's what made me see I needed help.

**5.30pm** Instead of going out drinking with friends, I pick up my daughter. For a while, I felt like a passenger in my own life, watching every good thing in it disappear. I was in a fog with no end in sight.

**8.30pm** My daughter falls asleep in my arms. I hold her for another ten minutes, knowing she's the most precious thing in my life. I didn't think I could rebuild my life, but with rehab and my parents' help, I did.

**What the expert says**

"This is a great lesson in being courageous enough to ask for help," says Dr Dennis. "Kelly seems connected to herself and in balance. That's what we hope for."

**Affected by drugs? Find help here:**

- addiction.org.uk
- talktofrank.com


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# How to WIN AT PARTY DRESSING

## By Greta Gerwig

She's queen of the indie film (see *Frances Ha* and *Mistress America*, which she co-wrote *and* starred in), as well as a hipster icon with a reputation for playing kick-ass, cool-girl characters. But even hipsters have style wobbles – here's what Greta's learned on the red carpet



For ten years, I've been lucky to be part of the film world, doing what I love. And there are so many fun parties. I've always loved dressing up in clothes I could never afford, and wearing make-up and hair that could arguably be called art. But I've sometimes missed the mark. I'll have an idea of how I want to look, but the end result doesn't let my Greta-ness shine. So I've distilled what I've learned into some Dos and Don'ts. Writing this, I feel self-conscious; your reaction could be, "Shut up, you get to go to film parties." But listen: until not so long ago, I thought the people in movies were moulded plastic pieces of perfection, and that if I was one of them, I'd lose my flaws too. Of course, it didn't happen. I'm still me, in all my glorious, sometimes inelegant, humanness. So remember, none of this matters, not really. It's just hair, it's just make-up, it's just clothes. OK, here goes. ►



DON'T

## "MAKE YOUR HAIR AS BIG AS YOUR HIPS"

A very well-meaning hairstylist gave me this advice before a premiere a few years ago. Unfortunately for me, I have hips the size of, well, hips. So he used a ton of fake hair and all the hairspray in the land. Then, of course, the equally well-meaning make-up artist did just as extreme make-up. The results, above, made me look like a wax version of me.



DO

## SMILE FLAT-OUT HUGE WITH YOUR (MY) BIG, GOOFY, GUMMY, TOOTHY, BEAUTIFUL SMILE

Even when a director tells you that you look "crazed" when you smile your real smile. (That's a true story – someone said that to me. We're not friends any more, because screw that guy.) He's wrong! It's not true! A real face of happiness wins every time.

DO

## HIT THE DANCEFLOOR

Even if you look a hot mess. And do start a dance party, even if nobody else is dancing. I have a terrific group of girlfriends who are forever ready to throw down for a fiesta. Take your ladies everywhere you can, and you'll be deep-down-to-the-bone happy, so you'll always look amazing.





DO

## GET INSPIRATION FROM OTHER PEOPLE

I love studying pictures in magazines and people out in the world, then emulating what I admire in others. But let inspiration be just that: inspiration! You've got to make it your own. Don't try to be someone you're not, and don't get bummed when something doesn't look the same on you as it does on another person. For the premiere of *Frances Ha* (see above), I channelled Cybill Shepherd in *The Last Picture Show* (top), and while I liked how it turned out, if I could do it over, I would not have literally copied that bobby pin. Why should it look the same? We're all totally different human beings!



DON'T

## DRINK A GLASS OF RED WINE AND THEN TRY TO PUT ON MAKE-UP IN THE CAR

This happened to me when I was going to a friend's premiere. I had a glass of Chianti and then felt super sexy. (For me, there is an inverse relationship between how sexy red wine makes me feel and how sexy I actually appear.) Post-wine, I was racing uptown in the back of a dark cab and decided I needed a little make-up. So, using my cell phone as a mirror, I tried to apply lipstick and then used some of that lipstick as a blush. Very clever, I thought. The result, above: it looks like I spread some lipstick around my face. Which was exactly true.

DON'T

## WEAR THE LONG LEATHER GLOVES

I promise that unless you are married to George Clooney or are an actual, real-life princess with a kingdom, long gloves look weird – even if people swear to you beforehand that they are awesome and that everyone will be wearing them. In my case, no one else wore them to the 2010 Met Ball. I felt like Cruella De Vil and had sweaty hands and forearms all night. G

*Mistress America* is available on digital HD from December 7

Photographs: Max Abadian/Corbis Outline, Getty Images, Rex Features

# Lipstick DIARIES

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Nic and Sam

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"A pretty pout never goes out of style (especially in party season), and the perfect lipstick is the Holy Grail of beauty. Which is why we love the new **The Only 1 Lipstick** by Rimmel London. Its chic packaging looks fabulous in our make-up bags, and the rich colour goes on like a dream. It's infused with vitamin E and rosa oil, so it's comfortable to wear, and the strong pigment gives a long-lasting bold lip. Perfect for all those parties!"




**The Only 1 Lipstick in Best Of The Best (RRP £6.99)**



## THE PERFECT PLUS 1

"Another hot tip for your make-up bag this season? Rimmel London's legendary **Exaggerate Auto Lip Liner** now comes in additional shades, so you can find the exact colour to match your chosen shade of **The Only 1 Lipstick**. The precision point allows you to apply a contoured, flawless lip which, when teamed with **The Only 1 Lipstick**, gives the perfect lip look. The soft texture makes it easy to use and gives a matte, opaque finish, so you're always photo ready."

**Sam wears One-Of-A-Kind Lipstick with Obsession Lip Liner**



**Nic wears Cheeky Coral Lipstick with Pink A Punch Lip Liner**




**Exaggerate Auto Lip Liner (RRP £3.99)**

#510 Best Of The best

#620 Call Me Crazy

#110 Pink A Punch

#800 Under My Spell

#100 Pink Me Love Me

#600 Peachy Beachy



SAINT LAURENT

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"From pink to coral to fuchsia, there are 15 vibrant shades with a demi-matte finish – and these are some of our favourites. The hero shade is Best Of The Best, a bold red – perfect for this season's rebellious catwalk looks."



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Charley Hull
Heather Watson
Geva Mentor
Siobhan-Marie O'Connor

SAY NO TO SEXISM IN SPORT

# GLAMOUR's Sports Person of the Year

## (only women need apply)

We thought it was about time the UK's female talent got a shortlist of its own – so we created it. Vote now for your sporting hero and give these stars the recognition they deserve

Now, we love the BBC Sports Personality of the Year Awards, celebrating the stars who have made us cheer – and probably cry – with their sporting brilliance. There's just one problem: there aren't nearly enough women. In the past 60 years, there have been only 13.5 female BBC SPOTY winners (the .5 is Jayne Torvill of Torvill and Dean renown). For the past eight years, the winner has been male. Jessica Ennis-Hill has been a runner-up three times, but never clinched the top spot. This year may well be different (here's hoping), but just in case, we've reimagined the traditionally male-dominated event with our own visionary shortlist. Here's to the female athletes who've smashed it this year. All you need to do is vote for your winner.

### HELEN GLOVER, MBE ROWER

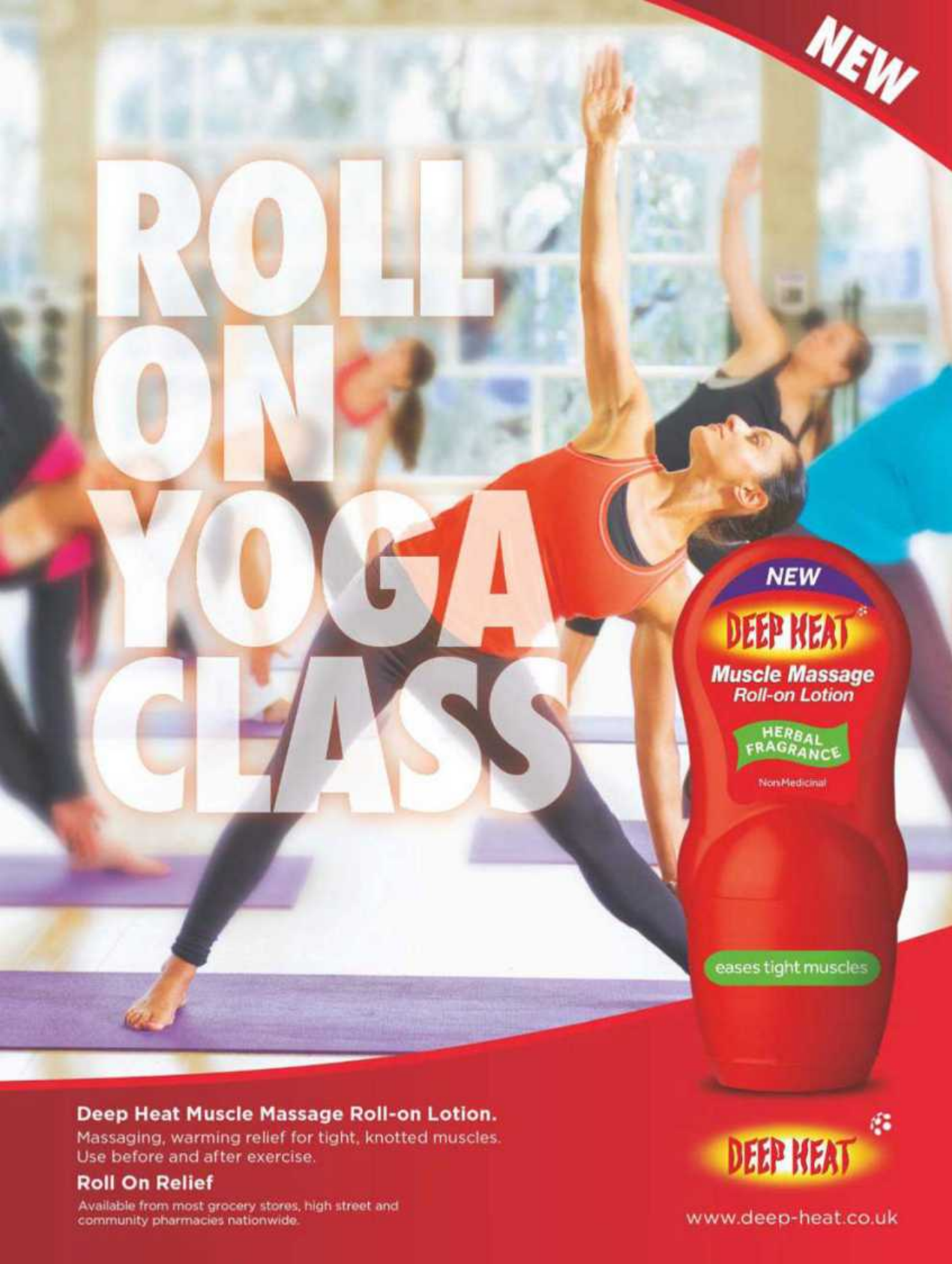
**Nominated for: swapping teaching for the Olympics in four years flat.** There isn't much need for oars in your day-to-day life as a primary school teacher. So it was a surprise when, in 2008, Helen set her sights on getting accepted onto Sir Steve Redgrave's Sporting Giants scheme. Four years on, she won Team GB's first gold at London 2012 with coxless pairs partner Heather Stanning, where they became the first British women to win an Olympic title in rowing. This sparked a four-year run and in September this year, she retained her third consecutive world title.

### JESSICA ENNIS-HILL, CBE HEPTATHLETE

**Nominated for: making the mother of all comebacks.** A set of metallic weights, a spin bike and, in the corner of the garage, a newborn baby. Holed up in her makeshift gym, while baby Reggie slept, and receiving intensive physio to reconfigure her abdominal ligaments: this was life for Jessica as she battled post-baby to get back to her medal-winning best. It worked. Reclaiming 'an internal self-belief' encouraged the 29 year old to snatch heptathlon gold at the Beijing World Championships in August, just 13 months after having her son. And it's more than likely we'll soon see her becoming only the third track and field athlete ever to retain an Olympic title after giving birth, when she competes in Rio 2016.

### CHARLEY HULL GOLFER

**Nominated for: her performance in the 2015 Solheim Cup.** She might be nicknamed the 'birdie factory' for smashing countless holes one under par at the 2015 Solheim ▶




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◀ Cup (the women's equivalent of the Ryder Cup), but 19-year-old Charley's talent is far from manufactured – she was the youngest ever player to debut at the Solheim Cup at just 17, and racked up five second places in her first five events as a professional, rounding off the year as a winning member of Europe's Solheim Cup team. What's next? A first major and an LPGA Tour card for America.

## DAME SARAH STOREY
### PARA-CYCLIST

**Nominated for: being Team GB's most decorated female Paralympian, claiming her 28th world title this year.**

The Velo star already boasts a swimming and cycling CV even retired athletes can only dream of, and the 11-time Paralympic Champion and new mother is still going strong – winning double gold in the 2015 UCI Para-cycling Track World Championships in March. Despite being born with a partially formed left hand, Sarah is so explosive on the track, she has also qualified for able-bodied races.

## NON STANFORD TRIATHLETE

**Nominated for: going from novice to Olympic Triathlete in just five years.**

When Non was three, her dad took the stabilisers off her bike and she careered into a dustbin. Aged 26, a silver medal in the September ITU World Triathlon Grand Final has catapulted Dame Kelly Holmes' protégé to qualify for her first Olympics. Brought up around strong female role models in sport, including her mum, a GB gymnastics coach, Non hopes to encourage more young women to take up the sport that has made her a success.

## GEVA MENTOR NETBALLER

**Nominated for: spearheading a World Cup bronze with England's netball team.**

As Melbourne Vixens' 6ft 2in goalkeeper/goal defence, 31-year-old Geva gets some serious air time – and not just when she's clearing the ball with one of her trademark out-of-nowhere leaps. In the Aussie semi-professional league, the former UK trampolining champion's fast and fiercely competitive game is constantly analysed on prime-time TV and in the sports pages. Lucky for us, the supreme defender has dual citizenship and was appointed by new England coach Tracey Neville to lead the Roses to a third place World Cup play-off against Jamaica in August.

## KATY MCLEAN, MBE
### RUGBY PLAYER

**Nominated for: sealing Team GB's place at Rio in the Rugby Sevens.**

Taunts from sideline parents once permeated Katy's scrum on the pitch, but as the 29 year old skippered England to Rugby World Cup-winning glory in 2014, they were replaced with cheering. As Mowden Park Sharks' biggest fish, the fly half was instantly netted by the Rugby Football Union for one of 20 precious professional, full-time contracts based on Olympic potential. And sure enough, in August the primary school teacher's Sevens side sealed Team GB's place at Rio.

## STEPH HOUGHTON
### FOOTBALLER

**Nominated for: captaining England's Lionesses to World Cup bronze.**

It wouldn't be a World Cup without helpings of heartbreak, and the 27 year old and her valiant team were no stranger to it as they crashed out of the July FIFA World Cup in desperately unlucky fashion, due to a stoppage-time own goal, handing Japan a 2-1 victory in the semi-final. The Man City defender's commanding presence and leadership were demonstrated as she spoke afterwards: "Football can be cruel, but we can hold our heads high". The subsequent outpouring of support marked a new era in Women's Football, in which Steph's Lionesses are now followed with pride.

## KATHERINE BRUNT CRICKETER

**Nominated for: becoming England's fastest ever bowler.**

A "serious amount of self-loathing" drove the cricketer away from her sport after she put on weight at 16, ▶




◀ but the Yorkshirewoman found that in actual fact, sport was the answer to her confidence issues and chose to make her name with the England squad at 17. Feared by the opposition, Katherine is pure aggression on the pitch, with a 77mph bowl. In August she smashed a half century of Twenty20 International caps. If anyone highlights the transformative power of sport for self-esteem, it's this 30 year old who morphed into the fastest bowler in the women's game this year.

## NICOLA ADAMS, MBE BOXER

**Nominated for: becoming the first female boxer to win a hat trick of boxing titles.**

Being bed-ridden for three months after a vertebrae fracture taught the 33-year-old Olympic and Commonwealth champion to get up after being knocked down. "I'm like a comeback kid, you can't keep me down for long," she says. Self-belief won out, and she became the first woman boxer to win gold at Baku European Games in 2015. Next, she'll be storming to February's World Championships for the chance to qualify for Rio.

## LIZZIE ARMITSTEAD CYCLIST

**Nominated for: fulfilling a dream of winning a road-cycling world title.**

There's much talk of Olympic gold for the new winner of the rainbow jersey, the prestigious prize awarded to cycling World Champions. After a series of near-misses in the World Championships, Lizzie won the Road World Championships in September (she's one of only four British women to do so). More than a mile behind nine lead riders in the final lap of the 130km inner-city circuit, Lizzie pulled off a sprint battle to take the gold.

## ELLIE DOWNIE GYMNAST

**Nominated for: scooping GB's first women's all-around medal for vault, bar, beam and floor.**

For most 15 year olds, GCSEs are as stressful as life gets. For artistic gymnast Ellie, it was facing her first senior event with the four apparatus: vault, bar, beam and floor. And she wasn't feeling 100% after an ankle operation, either. Regardless, she took a historic bronze at April's European Gymnastics Championships – the first women's all-around medal in a major championship.

## HEATHER WATSON TENNIS PLAYER

**Nominated for: almost toppling Serena Williams at Wimbledon.**

Despite losing her British No1 ranking this year, Heather led the formidable Serena 3-0 in the final set of their third-round clash on Wimbledon Centre Court in July. She got within two points of knocking Serena out, which she will "use for future confidence," she says.

## SIOBHAN-MARIE O'CONNOR SWIMMER

**Nominated for: helping Team GB transition to glory**

"Winning is great, but you don't learn anything. The biggest learning experiences come from when things don't go well," says the 19 year old who battled ulcerative colitis (an inflammatory bowel disease) to win six medals at the 2014 Commonwealth Games, including gold. This year, she's at the heart of Team GB's efforts to improve on their three medals in the London Olympics in 2012. She's already clocked up team gold in the 4 x 100m medley and bronze in the 200m individual medley at her third World Championships in Kazan this year.

## VOTE FOR YOUR WINNER

Over to you! We want to know who you think should scoop GLAMOUR's female-only Sports Personality of the Year. To vote for your favourite, simply Tweet "I'm voting for…" along with your chosen hashtag:

**#HelenGLAMOURSPOTY**
**#JessicaGLAMOURSPOTY**
**#CharleyGLAMOURSPOTY**
**#SarahGLAMOURSPOTY**
**#NonGLAMOURSPOTY**
**#GevaGLAMOURSPOTY**
**#KatyGLAMOURSPOTY**
**#StephGLAMOURSPOTY**
**#KatherineGLAMOURSPOTY**
**#NicolaGLAMOURSPOTY**
**#LizzieGLAMOURSPOTY**
**#EllieGLAMOURSPOTY**
**#HeatherGLAMOURSPOTY**
**#SiobhanGLAMOURSPOTY**

Follow @glamourmagsport – part of our Say No To Sexism In Sport campaign, aiming to raise the profile of women's sport.

By Kate Dobinson. Photographs: Action Images, Camera Press, Getty Images, PA Photos



## THE PARTY DRESS

A white dress is a great alternative to the LBD – and we love this cute Victoriana **dress** by Oasis, £60.







## THE DÉCOR

Add a festive glow to your Christmas soirées with a **pretty candle**. This one by Next, £10, is simple and elegant and smells divine.

# WE'RE DREAMING OF A WHITE CHRISTMAS

And it starts here, with a little help from Pearl Drops Pure White



## THE LINGERIE

A great party outfit starts with your underwear… and it doesn't come much prettier than this! **Silk Nude Rose bra,** £22.50, and **shorts,** £10.50, both Rosie for Autograph at Marks & Spencer.





## THE ACCESSORIES

Simple white accessories work with any look. Top of our list? These **chunky-heeled sandals**, £110, Carvela at Debenhams, and **White Push Lock Clutch**, £12.99, by New Look.

## AND MOST IMPORTANTLY... **SMILE!**

Party season = selfies, so make the most of yours with a bright white smile. Pearl Drops Pure White is the first-ever specialist three-step whitening treatment that you can do at home. And the best bit? It's easy to use, with no fiddly trays, strips or capsules. Just apply the brush-on Brightener Serum to the front and top of your teeth after brushing, and leave for 30 seconds. Next, apply the Activator Serum and leave for 30 seconds, rinse in cold water, then wait for 20 minutes. Finally, brush for two minutes with Pure White Tooth Polish, then rinse. Et voilà – instant results from the very first application. Now that's something to smile about!

Pearl Drops Pure White is available exclusively at Boots stores and at boots.com, priced £24.99. **For more information, see pearldrops.co.uk**



JENNIFER LOPEZ COLLECTION

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# JENNIFER LOPEZ

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# fastglamour Fashion



# GO LOW

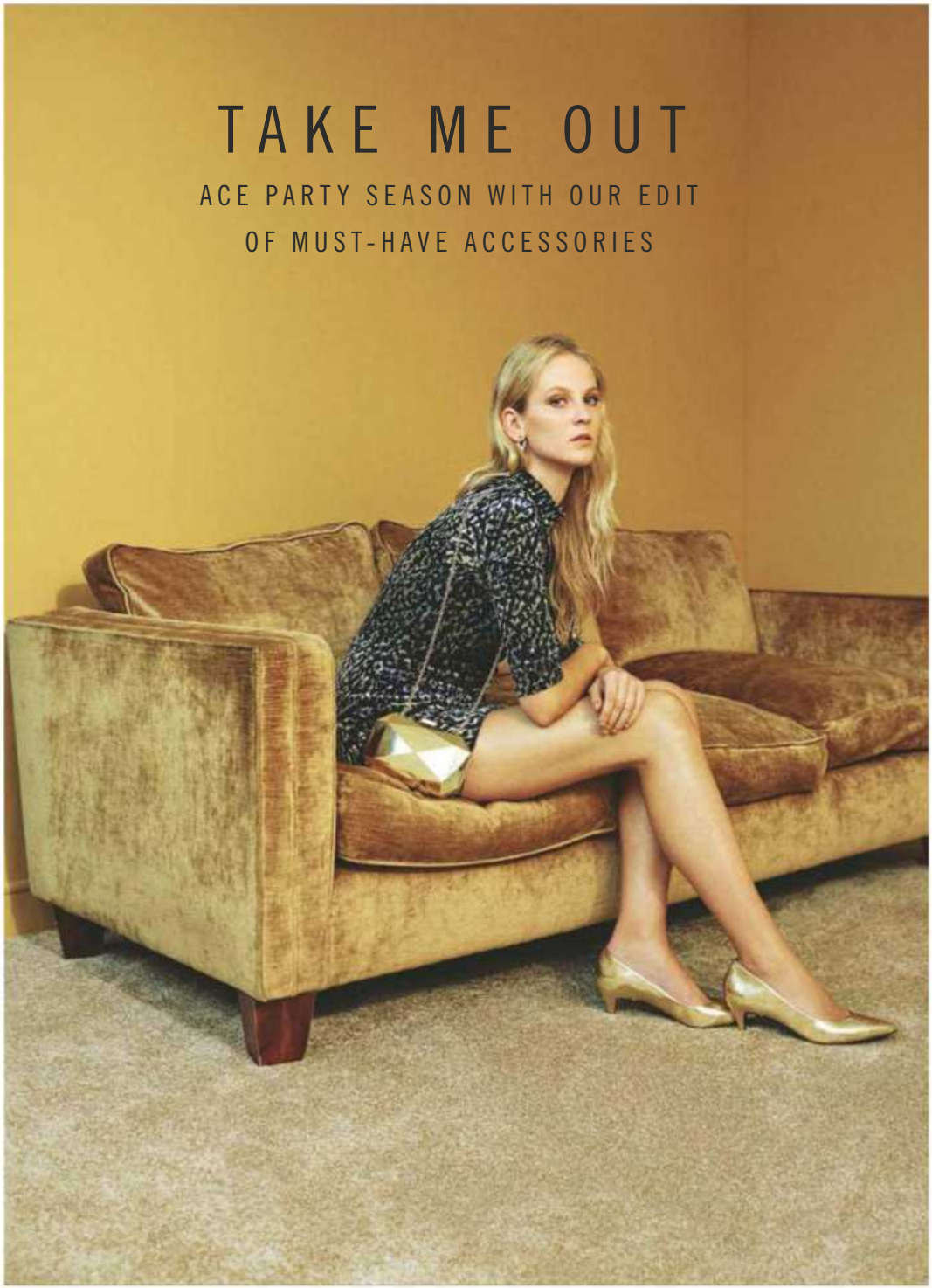
## HEELS WE CAN DANCE IN? WE ARE TOTALLY DOWN WITH THAT

**Leather shoes** and **silver ankle bracelets** all louisvuitton.com

By Charlotte Lewis. Photograph: Sudhir Pithwa

# TAKE ME OUT

## ACE PARTY SEASON WITH OUR EDIT OF MUST-HAVE ACCESSORIES



Photographs by **Marc Hibbert** Styled by **Lucy Walker**

Opposite page **Velvet and Lurex dress** £55 wallis.co.uk; **leather shoes** £70 aldoshoes.com; **metal bag** £35 missselfridge.com; **gold-plated and crystal pavé earrings** £69 swarovski.com

This page **Faux-fur coat** £405 pinko.it; **lamé top** £28 warehouse.co.uk; **PVC skirt** £30 riverisland.com; **metal rope necklace** £12 missguided.co.uk; **metal bracelet** £8 riverisland.com





**Cotton-blend dress** £55 asos.com; **leather boots** price on request thomastait.com; **leather and metal bag** £355 armani.com

**Lurex chiffon top** £235 rebeccataylor.com; **leather and metal skirt** £28 dorothyperkins.com; **leather shoes** £95 uterque.com; **gold-plated bracelet** £122 Eddie Borgo at veryexclusive.co.uk



**Lamé dress** £225 Topshop Unique at topshop.com; **zinc alloy and glass earrings** £16 oasis-stores.com





**Acrylic and modal-mix dress** £24.99 hm.com; **Lurex ankle boots** £45 asos.com; **metal earrings** £9.99 zara.com; **beaded bag** £145 uterque.com

**Lurex ankle boots** £45 asos.com; **beaded bag** £145 uterque.com

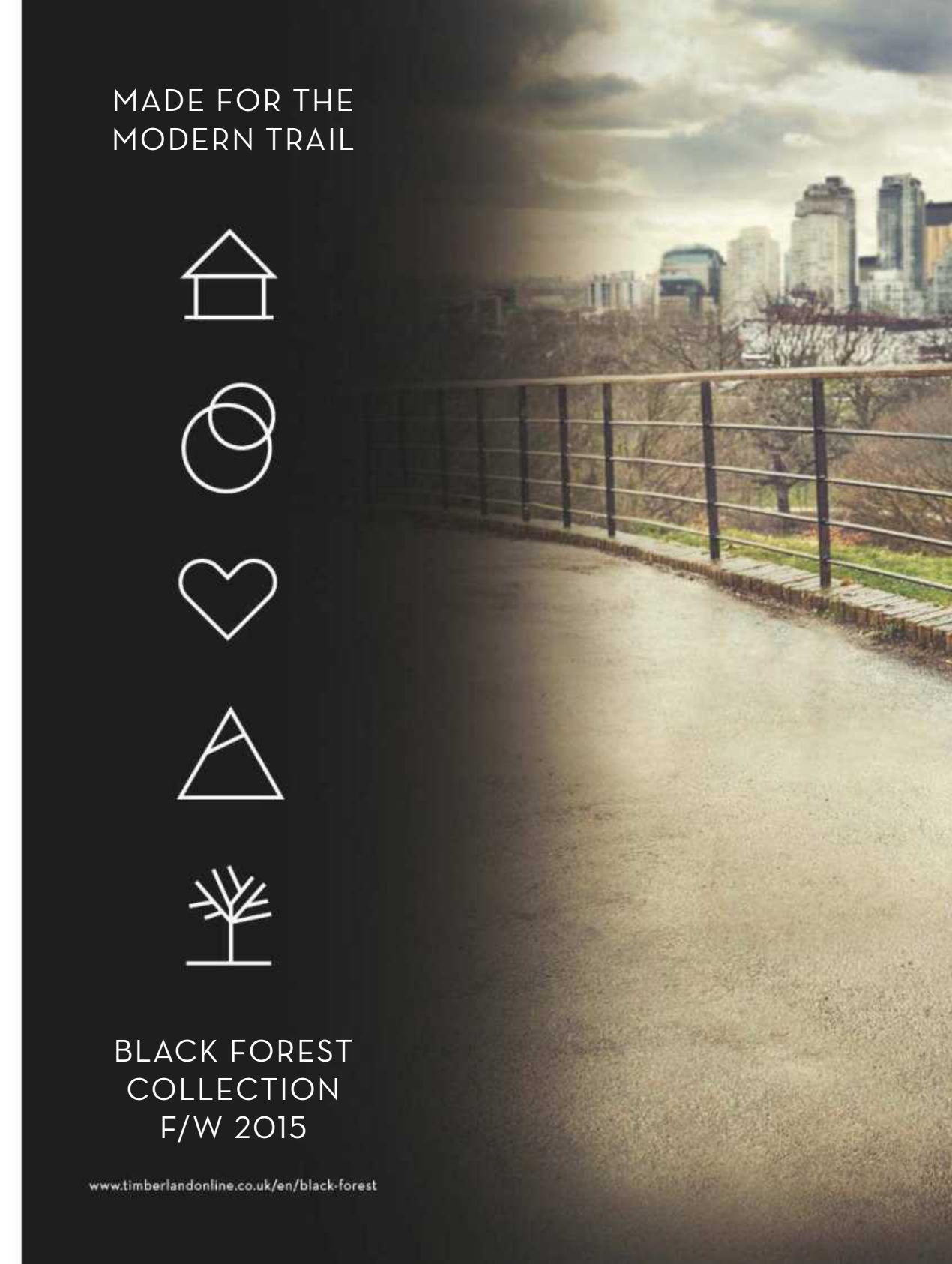




**Lurex jumper** £29.99 hm.com; **polyester miniskirt** £19.99 newlook.com; **faux-fur stole** £45 warehouse.co.uk; **metal earrings** £5 uk.accessorize.com

Hair: Takuya Uchiyama. Make-up: Angela Davis Deacon using Chanel Christmas 2015 and Chanel Body Excellence. Set design: Thomas Bird at Barelly Studio. Model: Maria Petrovicova at The Hive Management. Fashion Assistant: Estefania Hageman

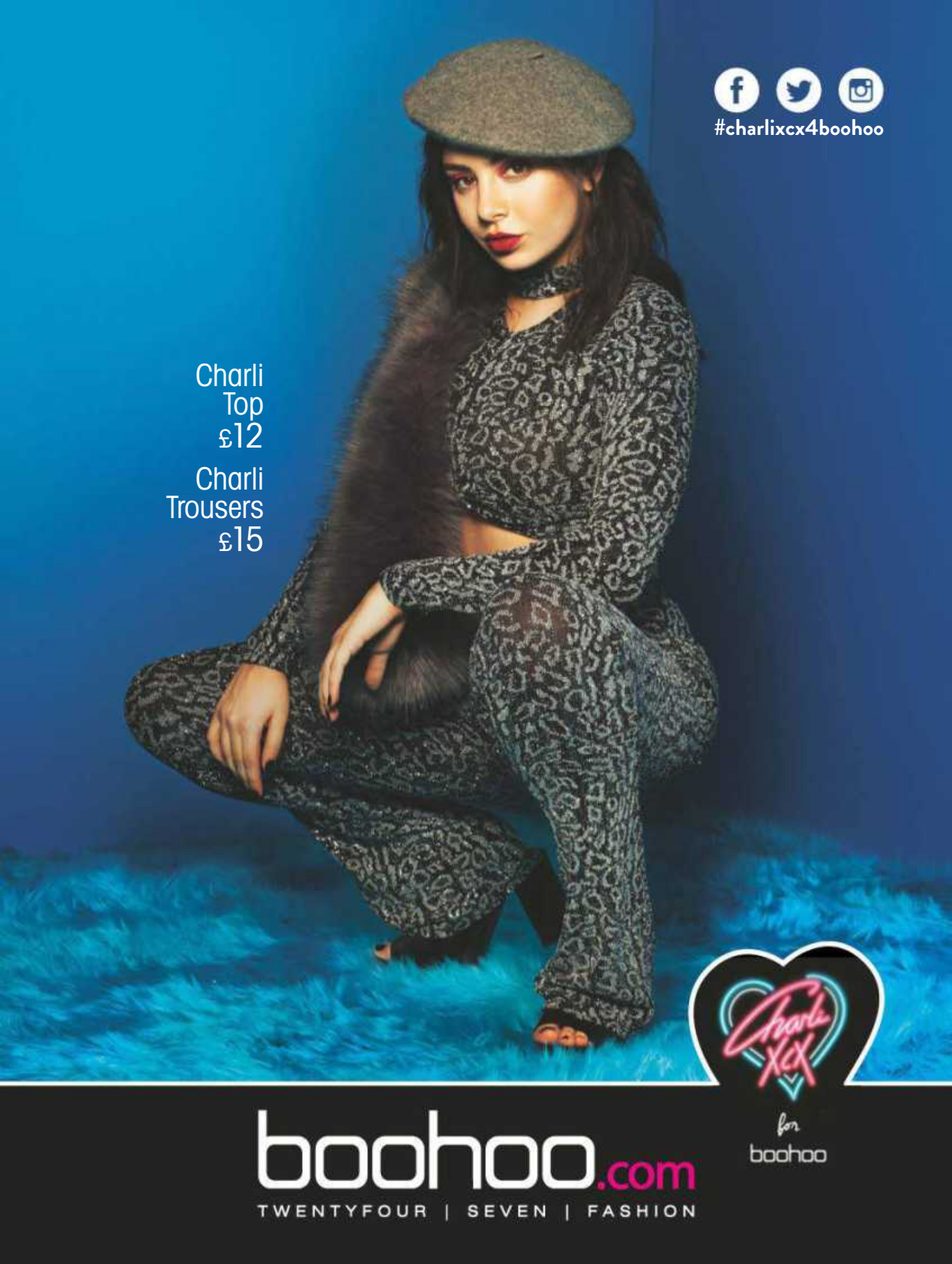
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www.timberlandonline.co.uk/en/black-forest


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TWENTYFOUR | SEVEN | FASHION

# THE ONES TO WATCH

WE'RE OBSESSING OVER MASCULINE TIMEPIECES



**1 Stainless steel** £320 follifollie.co.uk
**2 Rose gold-plated** £185 DKNY at hsamuel.co.uk
**3 Stainless steel** £229 Michael Kors at houseoffraser.co.uk
**4 Rose gold** £109 Guess at hsamuel.co.uk
**5 Steel and gold** £2,800 baume-et-mercier.co.uk
**6 Rose gold** £109.99 stormwatches.com
**7 Stainless steel** £1,700 tagheuer.co.uk
**8 Sterling silver and rose gold-plated** £275 thomassabo.com
**9 Stainless steel** £3,600 rolex.com

## Wear with...



**Cotton shirt** £29.95 gap.co.uk

**Denim jeans** £130 APC at matchesfashion.com

**Cashmere jumper** £320 Equipment at net-a-porter.com

**Suede loafers** £370 Gucci at net-a-porter.com

Styled by Holly White. Photograph: Jason Lloyd-Evans




**DRESS** 00100006418 **£24.99**

# Natalie Hartley wears ...
# METALLICS

From subtle to statement, it's time to shine



The simple spaghetti-strap vest gets a makeover in Lurex. Team with a skinny flare for a modern take on the rock'n'roll look.

**Lurex vest** £395 Christopher Kane; **polyamide trousers** £209 Sandro; **leather heels** £930 maisonmargiela.com; **jewellery** Natalie's own

Coloured metallics give this punk look a softer, more feminine feel.

**Wool-blend coat** £630 Boss at hugoboss.com; **silk-mix crop top** £279 and **silk-mix skirt** price on request both Adam Selman; **leather boots** from a selection Marc By Marc Jacobs; **jewellery** Natalie's own

Knitted metallics add subtle sparkle to daywear; dress it up for night with a statement trench.

**Leather coat** £1,110 bimbaylola.com; **nylon roll-neck** £22 and **nylon trousers** £55 both warehouse.co.uk; **leather boots** £475 Eugenia Kim; **jewellery** Natalie's own

Photographs: Johanna Nyholm

Follow Natalie on Instagram @nataliehartleywears

# "MY STYLE WISH LIST"






What GLAMOUR's Senior Fashion Assistant, **Charlotte Lewis**, is hoping to find under the Christmas tree

**1 Wool scarf** £261 Melt at The Line. I'm always on the hunt for a great scarf. The colour, the soft fray… this one hits the mark.

**2 Wool sweater** £39.99 hm.com. You can never have enough knits, in my opinion. This winter, I want to be wearing softer tones, rather than my normal black uniform.

**3 Wool coat** £350 karenmillen.com. Belted coats were all over the catwalk this season and this Karen Millen one is definitely on my winter hit list.

**4 Silver earrings** £265 Charlotte Chesnais at matchesfashion.com. My absolute new favourite jewellery brand – simple and modern, with just the perfect amount of edge. Use them to dress up your classic cashmere and jeans.

**5 Nylon bra** £22 figleaves.com. Peeks of underwear were big this season. This bra is pretty enough to show it off.

**6 Silk pyjamas** £250 yolke.co.uk. Instant glamour on any dark winter evening.

**7 Cotton skirt** £28 next.co.uk. Hems have risen this season – it's time to celebrate legs. This skirt will become my winter fail-safe and the best thing is, I'll still be wearing it in summer.

**8 Leather bag** £55 topshop.com. The perfect carry-all that will go with everything.

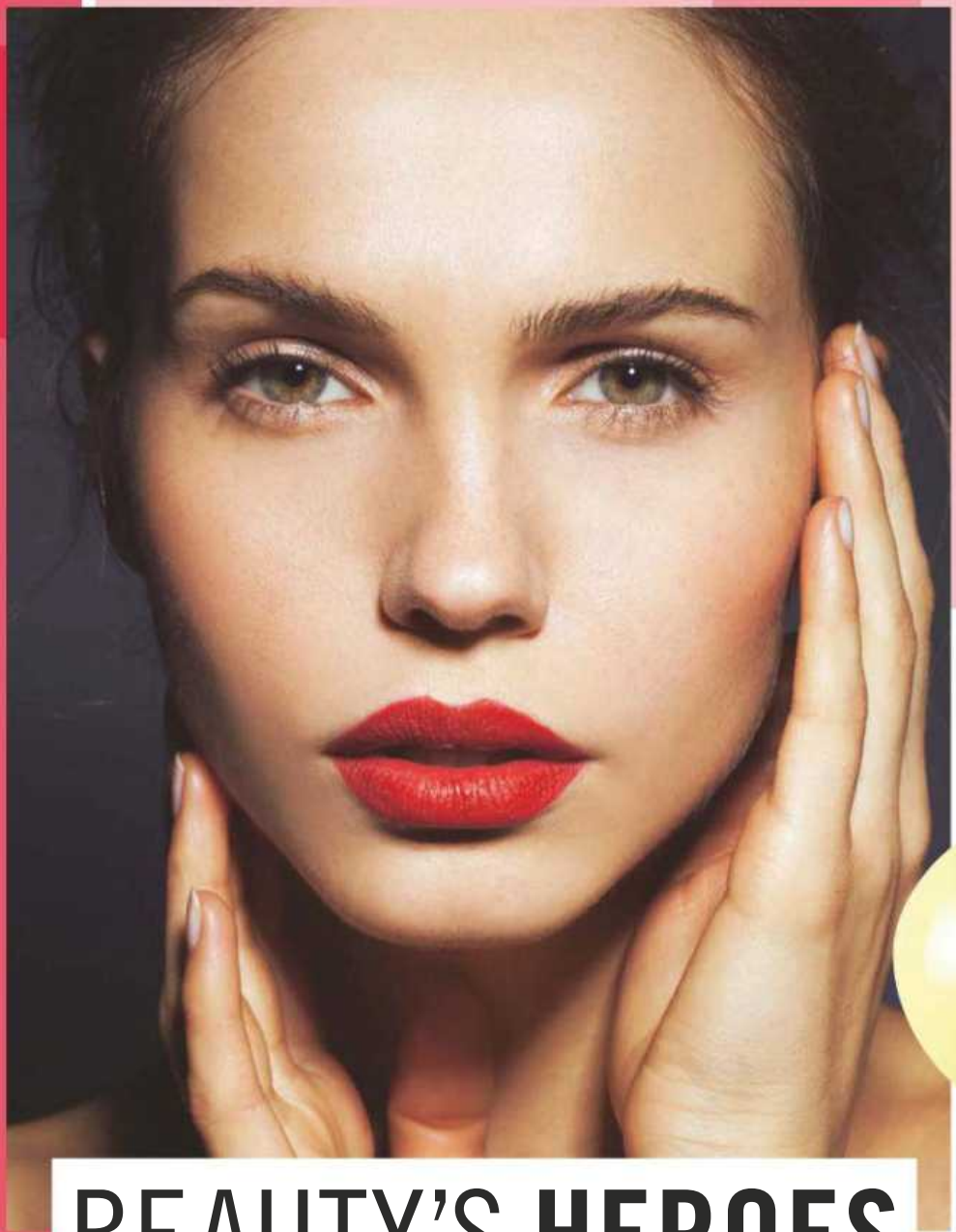
**9 Suede shoes** £450 Chanel. I have been dreaming about these for months. The perfect heel height… the perfect shoe.

**10 Cashmere travel set** £350 Madeleine Thompson. This set would make travelling just that bit nicer (and chicer).




# it is her statement

itluggage.co.uk/camo



# BEAUTY'S **HEROES**

There are some beauty products that a girl just can't live without. Your go-to beauty brand? Clinique, of course. Here are our top three picks – prepare to revolutionise your beauty routine...




LIPPIE TIP

**Nothing to it – just apply, blot with a tissue and repeat. For extra staying power, tap on a translucent loose powder in between coats of lipstick.**

# 1 MAKE A STATEMENT

A bold lip colour can instantly change your look and is the easiest way to take you from day to night. We have tried our fair share and absolutely love the new **Clinique Pop Lip Colour + Primer**. Yes, you read that right: it comes with a smoothing primer *and* rich colour lipstick in one. The primer smooths, defines and nourishes the lips, and also means your lipstick is less likely to bleed. Choose from 16 different shades, ranging from nudes and tawnies to punchy pinks and violets. And we love the chic, compact packaging. Clutch-bag-approved!




# 2 LASH-TASTIC

Nothing says 'put together' like lush lashes. Whether it's for a last-minute night out or just the school run, if there's one thing we always make time for, it's a quick swish of the mascara wand. And the product to do it is **Clinique High Impact Mascara**. Fragrance-free, long-wearing, non-smudging and non-flaking – what's not to love?

**DO Apply mascara in layers – allow it to dry for one minute in between each layer.**

**DON'T Wiggle the brush from side to side. Instead, wiggle at the roots to boost volume – then pull the brush straight up for even coverage.**

HOW TO USE

**After cleansing skin, apply lightly with your fingertips, working in circular motions from the nose outwards. The best part? You only need one pump.**




YOU-TIME, FREE!

Learn a quick tip or indulge in a treat**, courtesy of Clinique's complimentary You-Time service. From Healthy Skin to Pick Your Pout, the Clinique experts share their tips and tricks to have you looking and feeling great. To find your nearest counter, simply visit clinique.co.uk. What are you waiting for?

CLINIQUE

# 3 LOVE YOUR SKIN

We put our skin through a lot – think make-up, face wash, pollution, cold weather... the list is endless. Which is why it's so important to start and end your day with a moisturising lotion that not only keeps your skin hydrated, but also boosts its resistance to all those extra factors that strip it of its ability to rebuild itself night after night. Our skin-saving superhero?

Clinique's **Dramatically Different Moisturizing Lotion+**. The No1-selling women's skincare product in the UK*, it features a blend of sunflower seed cake, barley and cucumber extract to help strengthen the skin's barrier, while hyaluronic acid and glycerin work to improve hydration. So, say hello to skin that feels soft, springy, and has a healthy-looking glow.

*NPD – Prestige Market Data for Skincare Products (July 2014 – June 2015). **Get a free treat with every service. One per client, while stocks last. Photograph: PICDESK

## DING DONG!

To celebrate 25 years of Links Of London, the jewellery brand is launching the Timeless collection – silver, rose-gold vermeil and gold pieces inspired by Big Ben. We're counting down to shop o'clock with this rose-gold vermeil pendant. £195 linksof london.com



## TRUE BLUE

Smart-casual is *always* an appropriate dress code in our book, especially when it looks as good as this collection from luxurious US brand Elie Tahari. Your take-me-anywhere outfit – found. Jacket £345 and trousers £345 Elie Tahari at harrods.com



# GLAMOUR LOVES

Our guide to this month's must-haves



## CARRY IT OFF

Calling all bag addicts! Head to Selfridges (until March 2016) for Kurt Geiger's pop-up bag boutique, and snap up gorgeous arm candy like this exclusive shearling-style 'Kate' bag, £350. You saw it here first! selfridges.com




## PRETTY IN PINK

Actual love potions might not exist, but we reckon Donna, the new fragrance by Valentino, is the next best thing. With notes of iris, rose, bergamot and patchouli, it's heady, sexy and *totally* irresistible. £49 for 30ml eau de parfum Valentino

By **Claudia Mahoney**



## BACK TO BLACK

Introducing our new jean obsession – these classic black fade skinnies by G-Star Raw. Style them with a knit for day, or a silk bow blouse and heels for evening… how did we ever live without them? £95 g-star.com



## SO SEXY

If only our other half would read this (hint), see this gorgeous lingerie (hint) and pop it in our Christmas stocking (hint). Oh… did we happen to leave this page open on the table? Silly us. Bra £27.50 and knickers £12.50 Rosie for Autograph at marksandspencer.com

## TIMELESS BEAUTY

Italian movie icon Sophia Loren has teamed up with Dolce & Gabbana to create her signature shade of lipstick, Sophia Loren No1. Most glamorous beauty collab ever? Hell, yes. £31 harrods.com







## PERFECT TIMING

Swap 'fashionably late' for 'stylishly on time' with this statement timepiece. Cool watch brand Nixon opens its new London store in Covent Garden this winter, and we'll be there to snap up this leather and rose-gold number. Loving those hot pink hands! £150 nixon.com





## YOU ARE INVITED…

…to nix that "nothing to wear" dilemma, thanks to this ultimate party outfit from New Look. Something tells us this jacket, £44.99, playsuit, £27.99, shoes, £29.99, and brooch, £3.99, are going to be *very* busy. newlook.com ▶



## RESCUE ME

Winter weather taking its toll on your skin? Join the club. But the cavalry is here! Sanctuary Spa Wonder Body Cream not only restores moisture but adds a luminous sheen, too. Our skin hero! £8 sanctuary.com

## We love this



**Jumper** £50
yumi.co.uk



## PARTY WITH GLAMOUR

Celebrate the run-up to Christmas with a special GLAMOUR reader event with Ugg. Join us on December 10 for an evening of Christmas gift shopping with a brilliant 20% discount, complimentary monogramming on classic boots, a fabulous competition and goodie bags. The event will be held from 6-8pm at the Ugg store, 10 Glasshouse Street, London W1B 5AR. For your chance to get tickets for yourself and a friend, email your names to glamourevents@condenast.co.uk. Tickets are limited and are available on a first-come, first-served basis. See you there! ▶



## IT'S A COVER-UP

What's to love about cold weather? The excuse to buy a gorgeous coat, that's what. And Oasis has become our go-to for the best on the high street. Exhibit A: this beautiful belted number – a classic we'll be wearing for years to come. Bring it, winter! Coat £140, jumper £25, boots £85 oasis-stores.com





# STAYING IN?

'Be Freixenet' and make it a time to remember with our *everything* guide to a stylish night

## READY, SET, IMPRESS!

A great night doesn't need huge planning – just add luxe touches for a big impact. Tea lights in jars make mood lighting and vintage plates look pretty. For a chic drink, try Freixenet's Spanish sparkling wines. Cordon Rosado is *the* pink if you love a fruity rosé, or sip on Cordon Negro for a refreshing brut instead. Because fun nights are even better with bubbles.




## *2 ways to dial up the fun*

*Now that's a party*

**❶ GIRL'S NIGHT – WITH A TWIST**

Pillow fights and dainty pedis? *So* last century. Take a tip from the catwalk's big trends and add some sparkle with a festive dark mani. Layer black on the base, then top with bold glitter – we're loving **Ruby Red Slippers** £18 Deborah Lippmann.

**❷ COCKTAIL CREATING**

Add spontaneity with a 'make-your-own' cocktail station. Assemble your favourite mixers, spirits and Freixenet Cordon Negro, plus a variety of chopped and sliced fruit (such as oranges, lime, pineapple and berries) on a table, and let guests have fun making their own signature drink. Get recipe ideas at freixenet.co.uk/cocktails. *Salud!*

## THE GLAMOUR PLAYLIST



**Chvrches**
*Every Open Eye*
For chic synth beats.



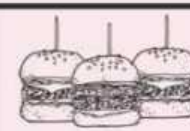
**Years & Years**
*Communion*
For '90s-style house.




**Carly Rae Jepsen**
*Emotion*
For pop perfection to get your foot tapping.

## COOL-AS CANAPES

Last-minute plans? Whip these up for instant wow



MINI BURGERS

**INGREDIENTS** 125g beef mince ● 1 small onion, finely chopped ● 12 mini buns ● Tomato jam. Toppings: gherkins, sliced; Cheddar cheese, sliced; crisp lettuce
**METHOD** Fry the onion, leave to cool, then mix with mince. Add seasoning, then separate into 12 patties. Fry for three minutes each side. Add Cheddar slices then leave to melt. Stack in buns spread with tomato jam and preferred toppings.



FRITTATA MUFFINS

**INGREDIENTS** 6 eggs ● 100g chorizo, finely diced ● 1 tbsp olive oil ● 1 onion, chopped ● 100ml milk ● 85g Parmesan, grated
**METHOD** Heat oven to 180°C. Grease a 12-hole muffin tin. Fry the chorizo and onion until soft, then drain excess oil. Beat the eggs, milk and ¾ of the Parmesan together. Add the onion and chorizo mix to each muffin hole, then add the egg mix. Sprinkle over the remaining Parmesan and cook for 18-20 mins or until set.

## *Find out more*

Freixenet Cordon Negro 75cl £9.99 and Freixenet Cordon Rosado 75cl £9.99 (both sparklers available in a 20cl). **Find out more at freixenet.co.uk ▶**



Be Freixenet

***Insta challenge!*** *Post your mani or cocktail on Instagram, and the person who gets the most 'likes' sets a dare*

Photograph: Trunk Archive. Illustrations: Zoe More O'Ferrall

# ONE FOR YOU, ONE FOR ME

11 gorgeous perfumes to gift (or keep!) this Christmas. By **Jo Holley**




**Calvin Klein Eternity Now** £68 for 100ml eau de parfum debenhams.co.uk



**I Am Juicy Couture** £69 for 100ml eau de parfum debenhams.co.uk




**Michael Kors 24K Brilliant Gold** £58 for 50ml eau de parfum boots.com



**Les Infusions de Prada Oeillet** £84 for 100ml eau de parfum Prada Parfums 020 7494 6220



**Boss Ma Vie Pour Femme** £49 for 50ml eau de parfum boots.com



**Flower By Kenzo L'Elixir** £66 for 50ml eau de parfum boots.com




**Gucci Bamboo** £80 for 75ml eau de parfum debenhams.co.uk

**Diamonds Violet** £37 for 50ml eau de parfum armani beauty.co.uk





**Red Truffle 21** £95 for 100ml eau de parfum joloves.com G

**Jimmy Choo** £72 for 100ml eau de parfum houseoffraser.co.uk



**Thierry Mugler Limited Edition Angel Passion** £65 for 50ml eau de parfum mugler.co.uk




Still lifes: Jason Russell



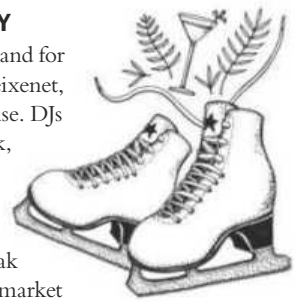
{ Follow Executive Fashion & Beauty Director Claudia Mahoney and Retail Editor Jo Holley on Twitter: @ClaudiaMahoney1 @JoHolley83 }



# GOING OUT?

'Be Freixenet' and see where the night takes you. Here's how to spend more time loving life

## COOL AND CHRISTMASSY



Ice skating is a seasonal favourite, and for some extra fun, after a glass of Freixenet, hit a Club Night at Somerset House. DJs spin tracks while you rule the rink, then for some après-skate, relax in the Fortnum's Lodge or Skate Lounge for cocktails and mulled wine. If shopping's your thing, soak up the atmosphere at a Christmas market – perfect for food and gifts! Or for some surprise culture, visit the Southbank Centre Winter Festival to catch a pop-up performance.

## 1 HOT HAIRSTYLE

*...and where to get it*

Forget the big and bouncy blow-dry – this season's hit look is the 'low blow'. Think soft, undone waves and less volume on the roots for that effortless cool-girl vibe.

1. HERSHESONS There's a variety of styles to choose from, but for a super-speedy 'do, try the 15 Minute Blow for £15. (hershesons.com)
2. RUSSELL EATON The Express Hair Bar is your best friend for last-minute hair help. (russelleatonhair.com)
3. DRY BY Hair wash, mini head massage, blow dry and hairstyle – all done in 45 minutes. Hair heaven. (dryby.co.uk)

3 BARS

## WE'RE LOVING RIGHT NOW



**Nightjar**
*1920s speakeasy elegance and live jazz*



**The Mayor Of Scaredy Cat Town**
*A quirky experience – you enter through a Smeg fridge*



**Dry Martini**
*We love the Freixenet Drive Me Crazy cocktail!*



## THE GLAMOUR TEAM'S HOT SPOTS

Our favourite places for every mood



ALISON WEATHERHOGG, Lead Designer
*"Broadway Market in East London on a Saturday is a foodie's paradise. Whether you're after delicious cakes, a tasty burger or fresh bread, there's always something different to try. And once you've shopped and sampled to your heart's content, pop into the Cat & Mutton for a cocktail. The Lemon Curd Margarita gets my vote."* **Cat & Mutton, 76 Broadway Market E8 4QJ**



ANNA BARRATT, Bespoke Promotions Director
*"The Sky Pod Bar at Sky Garden on top of London's 'Walkie Talkie' building has an absolutely incredible view. Enjoy the elegant surroundings while sat in a gorgeous roof-top garden, sipping on something suitably chic, such as the Chelsea Garden with gin and elderflower liqueur. Sublime."* **Sky Garden, 20 Fenchurch Street EC3M 3BY**


***Find out more***

Freixenet Cordon Negro 75cl £9.99 and Freixenet Cordon Rosado 75cl £9.99 (both sparklers available in a 20cl). **Find out more at freixenet.co.uk**



Be Freixenet


***Live life to the full*** *Share your tips on Facebook, Twitter and Instagram: @FreixenetUK #befreixenet*

Please enjoy responsibly. Illustrations: Zoe More O'Ferrall




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BEYOND BEAUTIFUL HAIR




TURN YOUR BIG HAIR OBSESSION
INTO FULLER, THICKER-LOOKING HAIR
THE BLUE ONE

**ELVIVE:**
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# fastglamour Beauty




## Our pick of the prettiest perfumes (hint, hint)

**1 Flowerbomb Limited Edition** £63 for 50ml EDP Viktor & Rolf; **2 No5** £49 for 35ml EDP Chanel; **3 Classique Intense Glam Edition** £81 for 100ml EDP jeanpaulgaultier.com; **4 White Iris** £120 for 100ml EDP laperla.com; **5 La Collection Trente-Quarte** £100 for 75ml EDP Diptyque; **6 Olympéa** £70 for 80ml EDP Paco Rabanne; **7 Musc Ravageur** £110 for 50ml EDP Frederic Malle; **8 Modern Muse Le Rouge** £64 for 50ml EDP esteelauder.co.uk; **9 Pomegranate Noir Limited Edition Cologne** £89 for 100ml jomalone.co.uk; **10 Sì** £54 for 50ml EDT armanibeauty.co.uk; **11 Chloé** £42 for 30ml EDT Chloé; **12 Black Opium** £52 for 50ml EDT yslbeauty.co.uk; **13 Donna** £69 for 50ml EDP valentino.com; **14 Miss Dior** £57.50 for 50ml EDT Dior; **15 Royal Princess Oud** £210 for 75ml Creed; **16 The One** £47 for 30ml EDP Dolce & Gabbana; **17 My Burberry** £65 for 50ml EDP burberry.com

Still lifes: Benoît Audureau

# The month in glitter

IT'S THAT TIME OF YEAR WHEN MORE IS MORE, SO LOAD UP YOUR SPARKLE. BY DOMINIQUE TEMPLE


GIGI HADID

1 Glow like Gigi with luminous skin and shimmery eyes


ROSIE HUNTINGTON-WHITELEY

2 For radiant skin like Rosie, use an illuminating powder over your foundation


ALEXA CHUNG

3 Hands up who loves glitter? Alexa does


5 Lèvres Scintillantes in Etincelle £22 Chanel


ELLA HENDERSON

9 Go for nails with iridescent glitter à la Ella


EVA LONGORIA

10 Dust a rosy highlighter over your cheek and brow bones to gleam like Eva


CARA DELEVINGNE

6 Heavy smoky eyes are the ultimate date-night beauty do


11 Shimmer Palette in Rose £13.50 No7 at boots.com


KERRY WASHINGTON

7 Work a hint of glitter into your favourite pastel pink for a girlie take


RIHANNA

12 Warm up your look with a chic, rose-gold shadow like RiRi


HAILEE STEINFELD

13 All that glitter and all that gold. Go matte for a quirky twist


4 Single Eyeshadow in Stud £18 narscosmetics.co.uk


COSTUME NATIONAL

8 Pat golden hues onto the inner eye


MILEY CYRUS

14 Who says glitter can't be worn in your hair? We love Miley's rebellious 'do

Photographs: Xposure, Rex Features, Getty Images, Jason Lloyd-Evans, Splash News. Still lifes: Benoît Audureau


IRINA SHAYK

15 Channel Irina's ethereal look and dab opalescent glitter along both lashlines


KERI RUSSELL

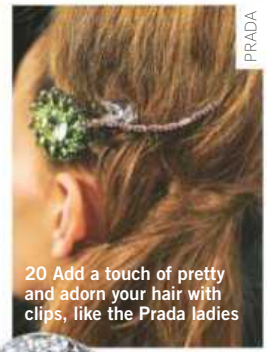
16 For dual-toned eyes, blend from the outer corner into a gorgeous smoky eye



17 Hypnôse Palette in ST10 £38 Anthony Vaccarello For Lancôme


KENDALL JENNER

18 Contrast an iridescent shadow with jet-black lashes, like Kendall


PRADA

20 Add a touch of pretty and adorn your hair with clips, like the Prada ladies


JUST CAVALLI

19 Pair super-feminine nails with a boyish style, like the Cavalli girls


JESSICA CHASTAIN

21 That's a match – amp up the glamour with pretty gold lids and a showstopping dress

22 Add a layer of chunky glitter for a festive touch


ELLA EYRE



24 Color Blast Silver Holo Chunky Glitter £9.50 Orly


POPPY DELEVINGNE

23 A jewel-encrusted headband makes the perfect Christmas accessory


KRISTEN STEWART

25 Green with envy? Only for Kristen's shimmering lids


TAYLOR SWIFT

26 Pull your liner out into a perfect point and try a regal navy shade


ANNABELLE WALLIS

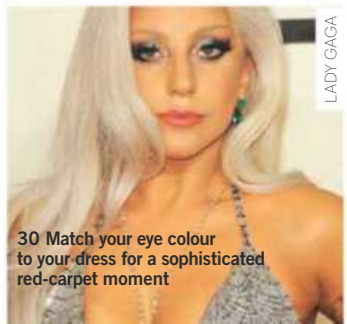
27 There can never be enough sparkle; we love this super-embellished style


ZOE KRAVITZ

28 Wash a cool layer of metallic over your lids for a rock-chick vibe


BELLA THORNE

29 We can always rely on Bella for nailspiration


LADY GAGA

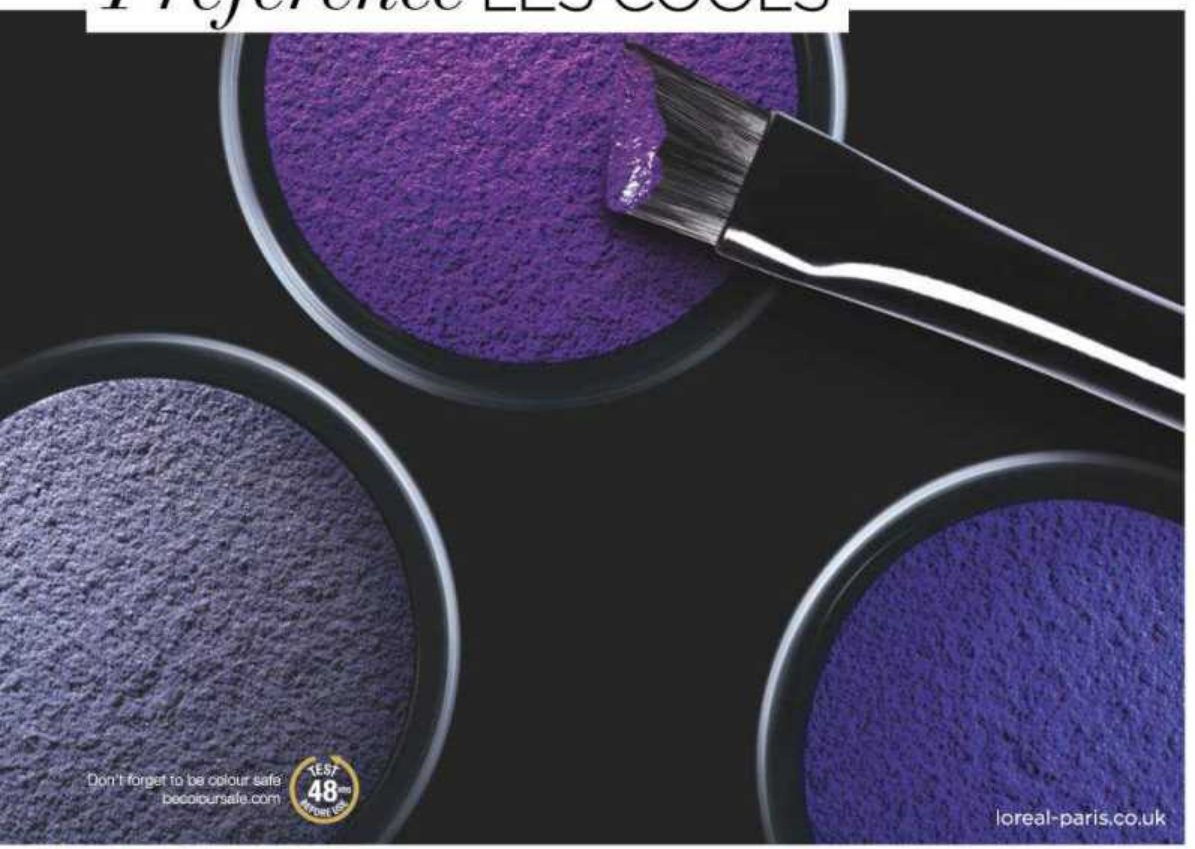
30 Match your eye colour to your dress for a sophisticated red-carpet moment


KEIRA KNIGHTLEY

31 'Tis the season to sparkle. Add a cute grip like Keira and keep it simple with a plait


10.21 STOCKHOLM
Lara Stone.

# *Préférence* LES COOLS




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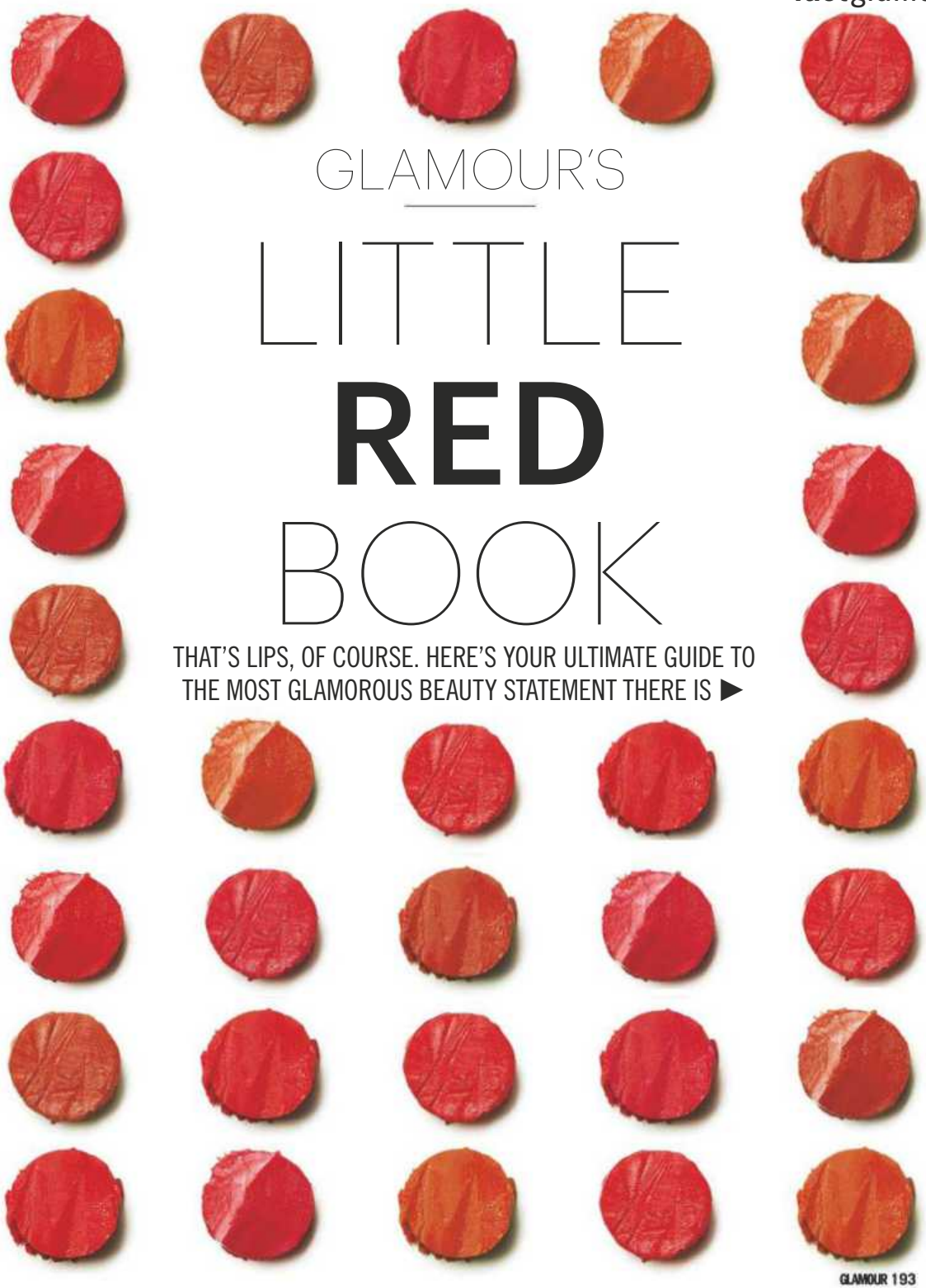
Olay Regenerist 3 Point Night Cream is formulated to provide deep hydration when you most need it – overnight. During the night skin can lose moisture as your metabolism slows down, but it's also the optimum recovery time for your skin. Olay Skin Energising Technology penetrates 10 surface layers deep, to start re-energising your skin while you sleep. So you can awake to **dramatically younger looking skin**.

**Your best beautiful begins at Olay.co.uk. Available exclusively at Boots.**

*Based on mass market facial moisturiser and cleanser value sales for the past 12 months ending December 2014.
**Skin surface renewal is accelerated based on surface cell exfoliation.

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GLAMOUR'S

# LITTLE RED BOOK

THAT'S LIPS, OF COURSE. HERE'S YOUR ULTIMATE GUIDE TO THE MOST GLAMOROUS BEAUTY STATEMENT THERE IS ▶




**Ultimate Lipliner in Toasty** £9 Lord & Berry




**Lip Liner in Red 3** £2.99 barrym.com

# 5 STEPS TO THE PERFECT LIP

## 1 PREP

"Exfoliate with a soft toothbrush to remove dry skin before moisturising," says Lipstick Queen founder, Poppy King. "Then moisturise really well," says make-up artist Angela Davis Deacon. "I like a lanolin balm such as **Original Nipple Balm For Lips** [£12 Dr Lipp, left]. Leave it to soak in while working on the rest of the face. When it's time to start your lips, blot off completely."



**Olive Virgin Oil Cotton Swabs** £5.50 DHC

## 2 APPLY

"Look into the mirror and smile to see exactly where to apply," advises make-up supremo Charlotte Tilbury. "Starting on the outer corners, trace the colour just outside the natural lip line. This will help cheat a fuller pout, create symmetry and stop the lipstick bleeding, without looking unnatural."

## 3 MAKE IT LAST

Anchor your colour with a lip pencil, then layer, says Poppy. "Blot with a tissue to set each layer. Matte textures will always last longer. And always drink with a straw!"

## 4 REFINE THE LINE

"To fix any mistakes, I use moistened cotton buds," says Angela. "They're never fluffy, so don't leave any tiny fibres."

## 5 MOISTURISE

"To counteract the drier feel as the day goes on, I pat a little lip balm in the centre of lips," says Angela. "Press it on, blot, then re-apply lipstick mostly in the centre."

# RED-LIP ICONS



"**MARILYN MONROE** was the ultimate femme fatale in red lips." *Poppy King*



"**TAYLOR SWIFT** keeps it fresh by playing with different shades and finishes." *Angela Davis Deacon*



"**RIHANNA** has to be one of the ultimate red-lip icons." *Charlotte Tilbury*



"**GWEN STEFANI** with her red lips and blonde hair." *Florence Adepoju, MDMflow*

# SHOP THE RED CARPET

## GET THE ACTUAL RED LIP YOU LOVED ON THE A-LIST




**L'Absolu Rouge in 047** £23.50 lancome.co.uk

**Ultra HD Lipstick in HD Gladiolus** £7.99 Revlon




**Red Carpet Red** £23 charlotte tilbury.com




**Color Riche Matte in Cliché Mania** £6.99 L'Oréal Paris ▶






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# THE TOP 10 REDS

GREAT FOR WARM AND DARK SKIN

**LONG-LASTING VAMP Lipstick in Russian Red** £15.50 maccosmetics.co.uk

"Drink plenty of water so you don't develop a dehydration line on the inside of your lips." *Angela*

**THE GLOSS Kisses Gloss in Military Red** £21 Burberry

**SPARKLING RED All That Jazz Lipstick in Hot Piano** £24 Lipstick Queen

**THE LACQUER Ecstacy Lacquer in Red-To-Go** £27 Giorgio Armani

"I like to apply from the bullet, but as they soften you might get a sharper line with **Angled Lip Brush No.33** [£23 Chanel]." *Angela*

**HYDRATING CHERRY Chubby Stick Intense in Mightiest Marachino** £17 clinique.co.uk

"Do your red lips before you do your eyes, so that you can see clearly when to stop!" *Poppy*

GREAT ON PALE SKIN

**MODERN POP Color Sensational Lipstick in Craving Coral** £6.99 Maybelline

**OLD HOLLYWOOD Moisture Drench Lipstick in Pillarbox** £9.95 No7

**THE CLASSIC RED Rouge Pur Couture Collector Kiss & Love in 01** £26 yslbeauty.co.uk

"Ignore all the rules. Experiment to see what suits you. That's what's so great about red lipstick – you can make it your own." *Angela*

**PURE MARILYN The Only 1 Lipstick in Revolution Red** £6.99 Rimmel

**DEEP RED Kiss Kiss Lipstick in Red Passion** £26.50 Guerlain

Photographs: Rex Features. Still lifes: Benoît Audureau

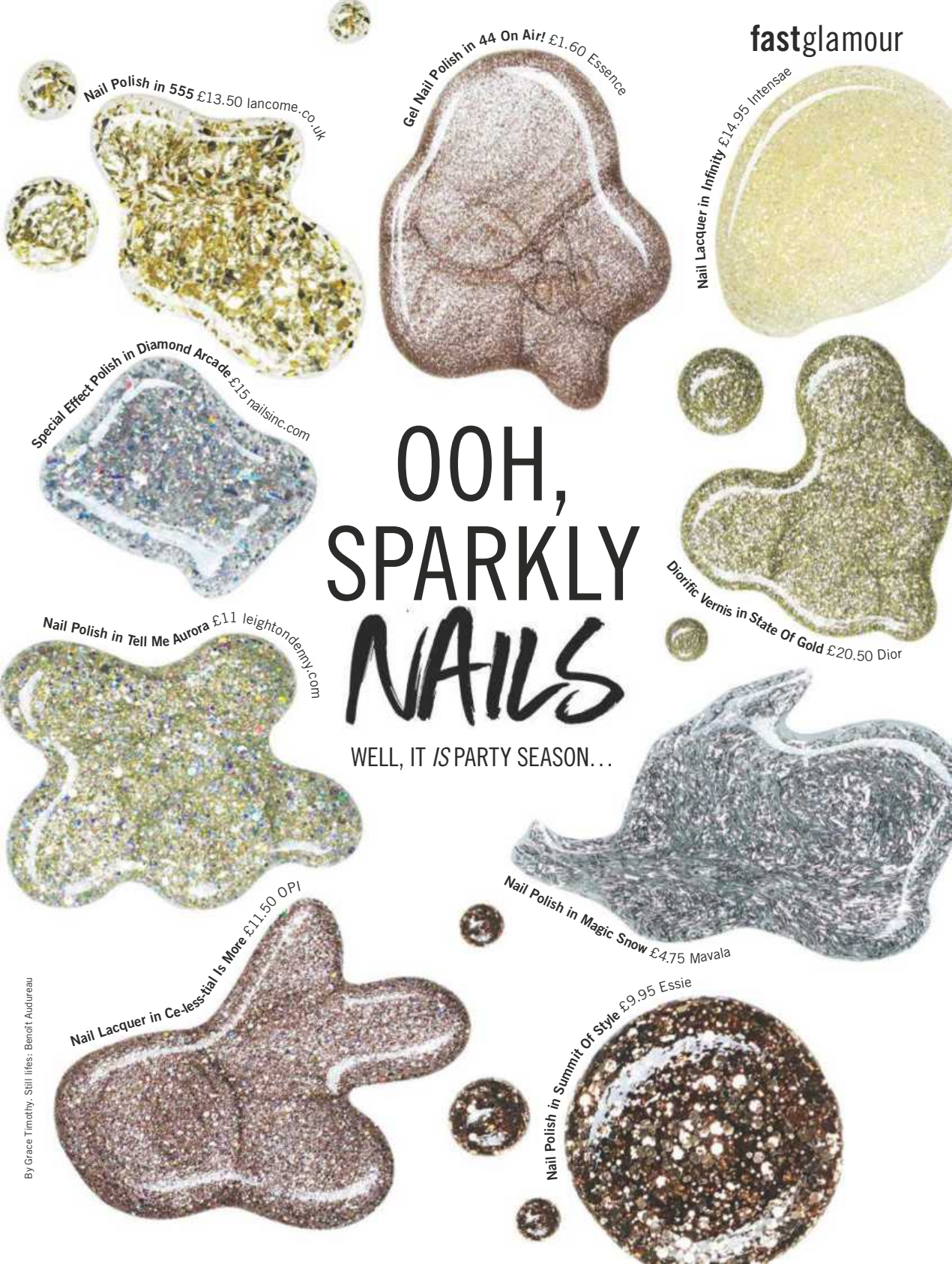



†Based on 3 consecutive years Nielsen RMS Total Scantrack, client defined Hair Styling Value Sales to 52 w/e 16 August 2014 (UK) Copyright © 2014, The Nielsen Company.


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Georgia May Jagger wears #510 Best of the Best.
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RIMMEL LONDON

# OOH, SPARKLY NAILS

WELL, IT *IS* PARTY SEASON...



**Nail Polish in 555** £13.50 lancome.co.uk

**Gel Nail Polish in 44 On Air!** £1.60 Essence

**Nail Lacquer in Infinity** £14.95 Intensae

**Special Effect Polish in Diamond Arcade** £15 nailsinc.com

**Diorific Vernis in State Of Gold** £20.50 Dior

**Nail Polish in Tell Me Aurora** £11 leightondenny.com

**Nail Polish in Magic Snow** £4.75 Mavala

**Nail Lacquer in Ce-less-tial Is More** £11.50 OPI

**Nail Polish in Summit Of Style** £9.95 Essie

By Grace Timothy. Still lifes: Benoît Audureau


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RUNWAY COLLECTION
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INVISIBLE
WORKABLE HOLD
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PROFESSIONAL QUALITY
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BACK STAGE READY
"My bedroom's my backstage. Life's my runway."
NEW RUNWAY COLLECTION
CREATION HAIRSPRAYS
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Get inspired:youtube.com/TRESemmeUK
TRESemmé
PROFESSIONALS. AT YOUR FINGERTIPS.

MEDIUM COVERAGE
**MATTE Air Mat**
£9.99 Bourjois

STRONG COVERAGE
**VELVETY Fluid Corrective Foundation** £18
Dermablend

# COVER ME

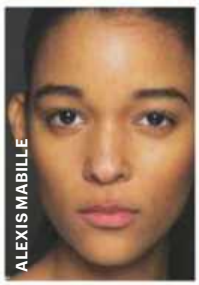
## THE VERY BEST FOUNDATIONS FOR A FLAWLESS FINISH

LIGHT COVERAGE
**GLOWING Invisiwear**
£12.50 EX1


ALEXIS MABILLE


MARGARET HOWELL


BYBLOS


ALEXIS MABILLE


HUISHAN ZHANG


MOSCHINO


PRADA


DEREK LAM


JONATHAN SAUNDERS

**COVER-ALL CONCEALER Intensive Skin Serum Concealer** £28
bobbibrown.co.uk

MEDIUM COVERAGE
**DEWY Illusion Hyaluronic Skin Tint** £45
Hourglass

STRONG COVERAGE
**PORELESS Perfectly Poreless Putty Perfector**
£28 stila.co.uk

LIGHT COVERAGE
**NATURAL Camera Ready BB Water**
£29 smashbox.co.uk

By Grace Timothy. Photographs: Jason Lloyd-Evans. Still lifes: Benoît Audureau


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RUNWAY
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NEW
MAKE
WAVES
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INVISIBLE
WORKABLE HOLD
CREATION HAIRSPRAY
PROFESSIONAL QUALITY
PASS
BACK
STAGE
READY
"Catwalk-ready hair,
now the world is
my runway."
NEW RUNWAY COLLECTION
CREATION HAIRSPRAYS
A salon-quality collection
created by experts for
invisible, workable hold.
Get inspired:youtube.com/TRESemmeUK
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# 10 FESTIVE FIXERS

BEAUTY CRISIS? WE'VE SOLVED IT – SO YOU SHALL GO TO THE BALL



## 1 SPOTS

It's time for your Christmas do, and you wake up with a throbbing spot somewhere painfully obvious. Panic? Not us. "If you can catch a spot early, massage over it in a sliding movement, pushing out towards the ears to drain toxins under the skin," advises facialist Katie Light. "Then apply a clay mask directly to the spot with a cotton bud, leaving it to work for as long as possible." We love **Purifying Mask** £22 Caudalíe and, for ongoing outbreaks, **Effaclar K(+)** £14.90 La Roche-Posay.






## 2 FADING COLOUR

Party season means you're washing and styling more often, and your colour is under greater threat of damage. A colour-lock treatment will both protect and hydrate – win win. We love **Quinoa Colour Repair** £17.95 Paul Mitchell.




## 3 DRY SKIN

"In the winter months, we naturally produce less moisture," warns cosmetic dermatologist Dr Frances Prenna Jones. "Use emollients that attract water – not oil – into the skin, like hyaluronic acid. But don't fall into the trap of over moisturising, or you may suffer an outbreak." We love **Pro-Collagen Super Serum Elixir** £49 elemis.com




## 4 FRIZZ

When you step from the cold outdoors into centrally heated buildings, protein bonds within the hair expand and contract, which causes kinks and frizz as they reset. But a good blow-dry cream can form a protective barrier between your hair and the weather. We love **Crème De La Crème Blow-Dry Cream** £19.50 kerastase.co.uk ▶

## 5 MELTING MAKE-UP

Applying flawless make-up is great – until it slides off your face 25 minutes later. To make sure your base stays put, "Blend your foundation, pat with a tissue and apply a second coat, patting with a tissue again," says Dr Prenna Jones. "I would advise against powder – if you apply heaps of it in a circular motion, you'll stimulate more oil production. Instead, spritz with a fixing product." We love **Refresh 24/7** £35 drfrancesprennajones.com




## 6 REDNESS

"Ditch the red wine if you're prone to redness – it will only make it worse," advises facialist Abigail James. "Slather on a soothing, cooling mask, then place a damp muslin straight from the fridge over the top. Or, if you have an aloe plant, snap off a piece and put it in the freezer for ten minutes, then glide it over your face." We love **Rose Face Mask** £46 fresh.com. And for keeping your cool, try **Boosting pH Mist** £26 elethea.com







## 7 CHIPPED POLISH

The simplest solution? "A quick dip in a sponge-style polish remover will smooth out the chip, without removing all of the paint, and will enable you to cover more evenly with the same shade," says manicurist Rebecca Jade Wilson. "Or why not spruce up your chipped mani with some glitter tips?" We love **Mint Choc Pot Fragranced Nail Polish Remover** £6 ciatelondon.com



## 8 PUFFY EYES

"First, drink half a pint of water before bed," advises Abigail. "In the morning, cold slices of cucumber or cold, damp nettle teabags really do reduce puffiness. Raw potato slices are also great. Keep your eye cream in the fridge, too." Try **Vax'In For Youth City Skin Solution Youth Protecting D-Tox Eye Serum** £41 Givenchy.




## 9 GREY HAIRS

Aka The Buzzkill. But don't freak out – they're easily concealed, as are roots you haven't had time to nuke. Cover up in seconds with **Hair Touch Up** £12.99 L'Oréal Professionnel (in Dark Blonde, Light Brown, Brown and Black).




## 10 HANGOVER FACE

We've all been there – you wake up after a big night, make-up smeared, skin grey, cheeks puffy. Why? "Late nights and too much alcohol combine to make our skin work harder to flush out the extra toxins, resulting in puffiness, dullness and extra-obvious blemishes and fine lines," explains Katie. "First, exfoliate, keeping cell turnover up and removing any dull dead skin cells, then use a good mask rich in antioxidants," adds Abigail. Try these: **Liquid Facial Resurfacer** £36 sarahchapman.net and **Intense Glow HydraGel Mask** £12 decleor.co.uk




By Grace Timothy. Photograph: Kenneth Willardt. Still lifes: Benoît Audureau




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**[1]Cetraben Cream patient preference study, Sept 2013**

**Always read the label**

# #ASKAlex

Insider advice from our Beauty Director, **Alessandra Steinherr**. This month: the Insta-influencers



Yes, I am hooked on Instagram – I come away with so many ideas for fashion, food, travel and, of course, beauty. When I feel stumped and want to try a new make-up look, these are the people I stalk time and time again.



Fyza Ali
@soniaxfyza



## THE GLAMOURISER
## Fyza Ali

I am addicted to Fyza's Insta! She's only 23, but her skills are so impressive – a lot of the looks on her feed are on her Kim Kardashian-lookalike sister, Sonia, left (hence the handle soniaxfyza). I was lucky enough for her to do my make-up and it was simply AMAZING (see my profile pic). Here are her top tricks.



**I like to prep skin with primers.** My fave is **Fluid Master Prime** [£35 Giorgio Armani] and then I layer a water-based foundation, such as **Face And Body** [£29.50 maccosmetics.co.uk] under a regular oil-based foundation. This is what gives that real-life, airbrushed finish. If you struggle to find the right shade, buy a tone lighter than you think, because foundation usually oxidizes on the skin and goes darker.

**I use professional paint brushes to apply make-up** – they are cheaper than make-up brushes and work just as well. I buy them online – you'll find the best deals there.

**Don't go too light around your eyes** because it will make your under-eye circles stand out. Pick a peachy-toned concealer to balance out blueish circles. To set, use a pink-hued loose powder, as it cancels out darkness.

**For defined but natural brows**, aim to mimic real hair by stroking upwards so it's soft and feathery.

**Forget lining around the outer lips.** It won't make them look bigger, just inflated. I do a vertical line in the centre of the bottom lip, then two down from the peaks of the Cupid's bow – this contours them from the inside out.



## IN HER KIT

**DiorSkin Nude Foundation** £32.50 Dior

**Double Wear Stay-In-Place Lip Pencil in Spice** £17.50 esteelauder.co.uk

**Chanel Poudre Universelle Libre in Rose Clair** £36 Chanel

**Maracuja Creaseless Concealer** £22.50 Tarte

**Colour Riche Extraordinaire in Nude Ballet** £8.99 L'Oréal Paris ▶

## THE STROBE QUEEN
# Ania Milczarczyk

Ania's Instagram is overflowing with gorgeously glossy faces – I was desperate to know her secret to achieving that glow, and here we go.

**Perfect strobing starts with healthy, happy skin.** Exfoliate, moisturise and drink lots of water. Highlights look best on skin which is as natural as possible.

**Try not to use too much foundation.** Tinted moisturisers are my favourite.

**Make sure your highlighter is the right tone.** Strobing should look like something your skin has done on its own, so getting the right colour is a must.

**Application is important.** For liquids, I use my fingertips, and with powders, I like to use extremely soft, fluffy brushes like **Cheek Colour Brush** [£39 Laura Mercier]. They blend flawlessly to avoid harsh lines.

**Location: going from glowing to greasy has a fine line.** Avoid the middle of the forehead, the cheeks, around the nose or the chin. Focus on the highest part of the cheekbones, under the eyebrows, tip of the nose and Cupid's bow.






### IN HER KIT



**Illuminating Tinted Moisturiser in Bare Radiance** £34 Laura Mercier



**Secret Camouflage** £26.50 Laura Mercier



**Argan Illuminizer** £22.50 Josie Maran



**Liquid Illuminator in Hot Sand** £23 narscosmetics.co.uk



**Ambient Lighting Palette** £56 Hourglass

## THE MAGICIAN
# Hung Vanngo

Hung is a master – yes, he makes the already beautiful Victoria's Secret models look even more *wow*. But his tricks work on non-Angels too…

**My make-up philosophy is less-is-more.** Creating gorgeous skin is the most important part of the process – invest in good skincare.

**My signature VS look is all about looking healthy and beautiful.** There is always a gorgeous glow on the skin that looks like it is radiating from within. This type of make-up is all about enhancing the features by making them stand out, without adding too much colour on the face."

**To achieve that elongated cat-like eye shape,** I draw a thick line on upper lids and a little on the outer corner of the lower lid. The trick is to exaggerate the lines so they're longer than the shape of your eyes and to blend them well outwards and upwards. To make the eyes pop, I apply liner inside the waterline. I like to use chocolate-brown or bronze pencils, almost never black.

**I love everything that has a creamy texture,** because it's what most looks like skin. I tend to use cream eyeshadows for my looks. I love **Eyes To Mesmerise Cream Eyeshadow** [£22 Charlotte Tilbury]. And if you want those soft, nude, sexy lips, dab the colour on with fingers.








**Hung with** (from left) **Lily Aldridge, Kate Bosworth and Taylor Hill**



**Voluminous Mascara in Carbon Black** £8.49 L'Oréal Paris

### IN HIS KIT



**The Method Polish** £60 Lancer

**Bronzing Powder in Terra** £48 Tom Ford

**Double Wear Stay-In-Place Eye Pencil in Coffee** £16.50 esteelauder.co.uk

**Luminous Dewy Skin Mist** £31.15 Tatcha at shopstyle.co.uk

Photographs: Instagram. Still lifes: Jody Todd

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# LAST-MINUTE GIFTS? **SORTED!**

For your favourite beauty and fashion exclusives at tax- and duty-free prices, plus a personal shopper to sort it all, hit the airport!






There's nothing like last-minute Christmas shopping to bring out the Grinch in even the most enthusiastic shopper. Let's be honest, wouldn't you rather think about your winter holidays than what to get your uncle for Christmas? We thought so. Which is why this year we're getting organised and sorting our entire shopping list at World Duty Free. Picture all the best make-up, fragrance and skincare brands, plus gorgeous designer watches, under one very sleek roof.

You'll find all your beauty favourites such as Clinique, YSL and Dior, so you can buy Christmas treats for all your family and friends without setting foot in a chaotic department store! And unlike the high street, you also save up to 40% off, because everything is tax- and duty-free. And the best bit? The free Shop & Collect service means you can buy all your gifts and they'll be ready and waiting for you on your return – so no need to carry your airport haul with you while you're travelling. Now that's what we call a merry Christmas!

**Keep an eye on the very latest beauty launches via Instagram @worlddutyfreebeauty and Twitter @WorldDutyFree or visit worlddutyfree.com to plan your shopping before you get to the airport***

1) **Bobbi's Cools Eye Shadow Palette** £49.10 Bobbi Brown; 2) **My Burberry EDP 50ml Gold Flakes Limited Edition** £52 Burberry; 3) **Ladies' watch** £495.80 Gucci; 4) **Perfect Eyes Set** £17.90 Clarins; 5) **Whimsical Wonders** £20.80 Bare Minerals; 6) **Decadence EDP 50ml** £55.20 Marc Jacobs; 7) **Vintage 2015 Candle** £30 Molton Brown; 8) **Verbena Bauble** £10 L'Occitane

Paper artist: Gail Armstrong. Photography: Keith Van-Loen. *World Duty Free has stores at Heathrow Terminals, Gatwick, Manchester, Birmingham, Bristol, Edinburgh, Glasgow, Exeter and many more UK airports

# monitor

THE WORD ON THIS MONTH'S HOTTEST

FILMS
MUSIC
BOOKS
TV




# Fashion **on film**

This month's top movies have one thing in common – they're all *seriously* stylish

### THE DRESSMAKER

Armed with a sewing machine, Paris-trained seamstress Myrtle "Tilly" Dunnage (Kate Winslet) returns to her Australian town to exact revenge on the locals who accused her of murder. Costume designer Margot Wilson collaborated with Winslet on a number of dresses that are woven into the plot (based on Rosalie Ham's novel), including a show-stopping red number. It catches the eye of Teddy (Liam Hemsworth), who provides the romance, while Hugo Weaving (playing a policeman with a fabric fetish) brings the comedy – a welcome relief in a film that gets very dark, very quickly. Dripping with couture glitz, Winslet nails the vengeful femme fatale. ★★★★



MUST-SEE

## CAROL

Patricia Highsmith's novel *The Price Of Salt* provides the inspiration here, as Therese (Rooney Mara), a department store sales clerk, begins a forbidden friendship with rich divorcée Carol (Cate Blanchett) in 1950s New York. Eventually, the aching attraction between them turns physical. Everything is drenched in muted glamour, with static scenes shot from behind windows to reinforce the theme of being trapped in a world of detail and disapproval. Costume designer Sandy Powell dressed Blanchett as Katharine Hepburn in *The Aviator*, and here she's the Lauren Bacall to Mara's demure Audrey Hepburn, sipping Martinis over lunch and gliding through hotel lobbies in gorgeous coats and red lipstick. Utterly exquisite. ★★★★



## BROOKLYN

In the most heart-wrenching story of the month lies the tale of young Irish woman Eilis Lacey (Saoirse Ronan) in the 1950s, who is torn between her new life in New York and the duties of home. Soon, the love of an Italian-American plumber (Emory Cohen) is competing with homesickness, nostalgia and her attraction for a nice chap back in Ireland (Domhnall Gleeson). Ronan gives a poised performance, and the bespoke wardrobe from costume designer Odile Dicks-Mireaux (*An Education*) neatly contrasts Manhattan cocktail-party chic with the buttoned-up stuffiness of Irish village life. ★★★★ ▶

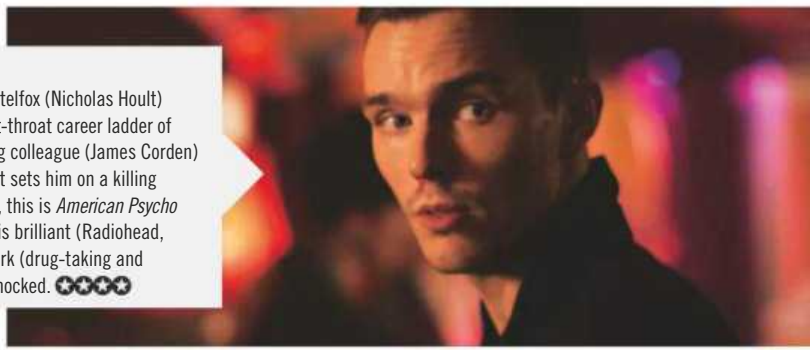
By Mark Eccleston. Photographs: Simon Emmett, Capital Pictures

# GlamReels Four more must-see movies



## HE NAMED ME MALALA

Inspired by her autobiography, this is a classy profile of Malala Yousafzai and a loving family driven by a father's belief in the empowerment of education. Ziauddin Yousafzai set up a school in northern Pakistan before the Taliban banned education for girls. When Malala spoke out – we're reassured that this was her choice – she put her life in danger. The rest of her story is well known, but the documentary reveals an intimate glimpse of an extraordinary woman being ordinary – telling off her naughty brothers and giggling over internet pictures of Roger Federer. ✪✪✪



## KILL YOUR FRIENDS

It's London in 1997, and A&R exec Steven Stelfox (Nicholas Hoult) cares only about working his way up the cut-throat career ladder of his record label. But when his hard-partying colleague (James Corden) gets the promotion he's been dreaming of, it sets him on a killing spree. Based on John Niven's satirical book, this is *American Psycho* for the Britpop generation. The soundtrack is brilliant (Radiohead, The Prodigy), while the subject matter is dark (drug-taking and C-bombs are plentiful). Not for the easily shocked. ✪✪✪✪



## STEVE JOBS

The three-part structure in this story of Apple boss Steve Jobs (Michael Fassbender) makes for an interesting device, with each section set prior to staged product launches between 1984 and 1998. Behind the scenes, Jobs bullies his frazzled staff, including long-term employee Joanna (Kate Winslet), and argues with his ex. There's plenty of the snappy (if jargon-heavy) dialogue that made *The West Wing* creator Aaron Sorkin a star screenwriter, and Fassbender's dynamic Jobs could well garner awards recognition. But overall, this is a slick but slightly exhausting tech biopic. ✪✪✪



## BLACK MASS

A refreshingly unromantic gangster biopic of Boston crime lord James "Whitey" Bulger, played with a dead-eyed ghoulishness by Johnny Depp (who, yet again, exhausts the make-up department for the transformation). The focus is on his childhood friend, John Connolly (Joel Edgerton), an FBI agent who allowed Whitey to expand his empire in return for informing on his mafia rivals. A remarkable, fascinating true story that's told with an earnest matter-of-factness, but the bond between the two could have been explored further. ✪✪✪

# Adele. Is. **Back!**

It's the album we've been waiting for. In honour of her comeback, we chart her amazing career

**1** Academy Award for Best Original Song, which she won in 2013 for *Skyfall*.

**£50m** Adele's estimated net worth, making her the highest-earning musician under 30.

**15 million** Number of copies sold of her second album, *21*, in the UK and US. It's the fourth biggest-selling album of all time in the UK, spending 23 weeks at No1.

**10** Grammys to her name (six of which she won on one night in 2012).

**152** The number of weeks that her debut album, *19*, stayed in the UK Top 40.



Plus.... four new albums on our radar • **JAMES MORRISON** ***Higher Than Here*** • **ELLIE GOULDING** ***Delirium*** • **LITTLE MIX** ***Get Weird*** • **CEE LO GREEN** ***Heart Blanche***

# **TV** update

## The new shows we're *very* excited about



By Mark Eccleston, Hanna Woodside. Photographs: Simon Emmett, Capital Pictures

### JESSICA JONES

*Breaking Bad*'s Krysten Ritter stars in Marvel's latest comic-book reboot as boozy bad-ass Jessica Jones (left), a former superhero struggling with post-traumatic stress disorder, who's hung up her cape to become a private investigator. David Tennant is brilliantly creepy as Zebediah Killgrave, the mind-controlling baddie; *The Good Wife's* Mike Colter also co-stars as Lucas Cage, aka Power Man (who gets his own show next year). *Netflix*

### CAPITAL

John Lanchester's 'state of the nation' novel topped the bestsellers list in 2012 and was the read to be seen with. In an affluent South London street, the residents receive anonymous postcards saying: "We want what you have." A multi-stranded tale tackling class, relationships and greed (think *Love Actually* meets *The Casual Vacancy*), the three-part adaptation has a top cast including Toby Jones and Lesley Sharp. *BBC One*

### THE LAST PANTHERS

We had a bilingual crime thriller with *The Tunnel* – now it's all about the *trilingual* drama: English, French and Swedish, to be precise. It kicks off with a diamond heist in Europe, with Samantha Morton as a British loss adjuster, Naomi, who is charged with recovering the stolen jewels, and John Hurt as her morally questionable boss. Sophisticated and properly gripping – plus David Bowie's done the theme tune. *Sky Atlantic*

### THE MAN IN THE HIGH CASTLE

What if the Nazis won World War II? That's the premise of this drama based on Philip K Dick's sci-fi classic. Set in an alternate America in 1962, the story follows Juliana (Alexa Davalos) and Joe (Luke Kleintank). The re-imagined history is fascinating enough, but when Juliana receives a film reel depicting a world where the Allies won, the drama really picks up. Fans of *Sense8* and *The Leftovers* will enjoy this sci-fi-mystery mash-up. *Amazon Prime* ▶

# Cover stories Books to lose a weekend to




## A NOTABLE WOMAN: THE ROMANTIC JOURNALS OF JEAN LUCEY PRATT

***edited by Simon Garfield***

In 1925, aged 15, Pratt began writing her diaries, continuing until her death in 1986. This fascinating anthology of the Buckinghamshire bookshop owner's writing spans 60 years of huge social change, as she navigates teenage crushes and grown-up flings, and tries to find a husband during WW2, when eligible bachelors were thin on the ground.

## PUBLIC LIBRARY AND OTHER STORIES

***by Ali Smith***

Britain's libraries are closing at an alarming rate, and Smith addresses this in her new anthology. The *How To Be Both* author mixes friends' recollections of how libraries shaped their lives with her own book-inspired tales. The one that somehow melds the life of DH Lawrence with Smith's Barclaycard fraud woes is bonkers and brilliant.

## THE NOVEMBER CRIMINALS

***by Sam Munson***

Published in the US in 2010 to rave reviews, this finally gets a British release ahead of next year's movie, starring Chloë Grace Moretz. It's been compared to *Catcher In The Rye* with good reason: Addison is a misanthropic bad boy coping with the usual teenage stuff: high-school class politics, romance, annoying parents and teachers. Add drug-dealing and the murder of a classmate, and you have a darkly funny, whip-smart coming-of-age tale.

## THE CLASP

MUST-READ

***by Sloane Crosley***

The debut novel from this hotshot NYC essayist is a seriously impressive read. Three college friends, Kezia, Victor and Nathaniel, meet up at a wedding, and what starts as a wry look at twentysomething friendships turns into a literary mystery caper that draws on Guy de Maupassant's *The Necklace*. It's as smart as it is funny, and worth reading if only for Kezia's hideous boss and her dreaded 4am phone calls.

---

GLAMOUR G-BOOK Club LIVE

# G-Bookclub – the ultimate night out*

*getting you ready for all those cosy nights *in*

**FEATURING...**

- Not one, but two brilliant, best-selling authors: David Nicholls and Cecelia Ahern discuss their latest novels, *Us* and *The Marble Collector*.
- The opportunity to shop Hush's A/W collection with an exclusive discount – and genius styling advice from the GLAMOUR fashion team.
- Plus drinks, nibbles and general literary merriment.

**WHEN 6.30pm on November 25**
**WHERE The Condé Nast College of Fashion & Design**
**For more information and to buy tickets, see glamour.com** G




You've read the books, now meet the authors

By Kerry Potter and Natasha Poliszczuk. Photographs: Pixelate



# FEEL GOOD THIS FESTIVE SEASON

Keep healthy in the run-up to Christmas with these delicious potato recipes – think low-fat, super-quick and easy, giving you more time to go out and party

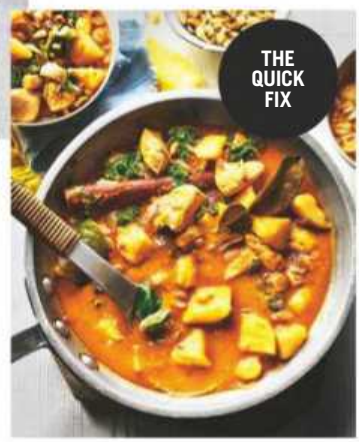
THE WINTER WARMER

## INDIAN-INSPIRED POTATO AND CHICKPEA MASALA

**INGREDIENTS**

● 900g Maris Piper/Rooster potatoes, peeled and cubed ● 2 onions, sliced ● 2tbsp sunflower oil ● 2 cloves of garlic ● 1tbsp fresh grated ginger ● 1tbsp garam masala ● 3tbsp masala curry paste ● 1 tin of chickpeas, drained ● 1 tin of chopped tomatoes ● 1 tin of reduced fat coconut milk ● 1 bag of baby spinach ● 1 tbsp chopped coriander

**METHOD** Gently cook the onion in a large pan in the sunflower oil for 5 minutes over a medium heat. Next, add the garlic, ginger, garam masala and curry paste and continue cooking for 3 minutes. Now add the potatoes and chickpeas and give them a stir, making sure everything is coated. Pour in the tomatoes and coconut milk and bring to a simmer. Continue cooking until the potatoes are soft. Just before serving, stir in the spinach and coriander. Serve with yoghurt.



THE QUICK FIX

## LIGHT MASSAMAN CHICKEN AND POTATO CURRY

**INGREDIENTS**

● 400g Maris Piper/Rooster potatoes, cut into 2 ½ cm cubes ● 2tbsp ground nut oil ● 2 red onions, roughly chopped ● 1 cinnamon stick ● 1 red chilli, de-seeded and chopped ● 450g chicken breast, cut into chunks ● 3tbsp massaman curry paste ● 1 tin reduced fat coconut milk ● 1tbsp fish sauce ● 5 kaffir lime leaves ● 150g kale ● 50g unsalted peanuts, to serve

**METHOD** Boil the potatoes in slightly salted water for 5 minutes with the lid on, then drain. Heat the oil in a large casserole dish or large frying pan with deep sides. Add the onion, cinnamon and chilli and cook until the onions have softened. Now add the cubed chicken and continue frying until the chicken turns white. Pop in the potatoes, curry paste, coconut milk, fish sauce, lime leaves and 200ml of water, bring to the boil then reduce to a simmer and cook for 15 minutes. Stir in the kale and cook for a further 5 minutes. Serve with chopped unsalted peanuts.



THE FESTIVE FEAST

## EASY TRAY BAKE LAMB TAGINE

**INGREDIENTS**

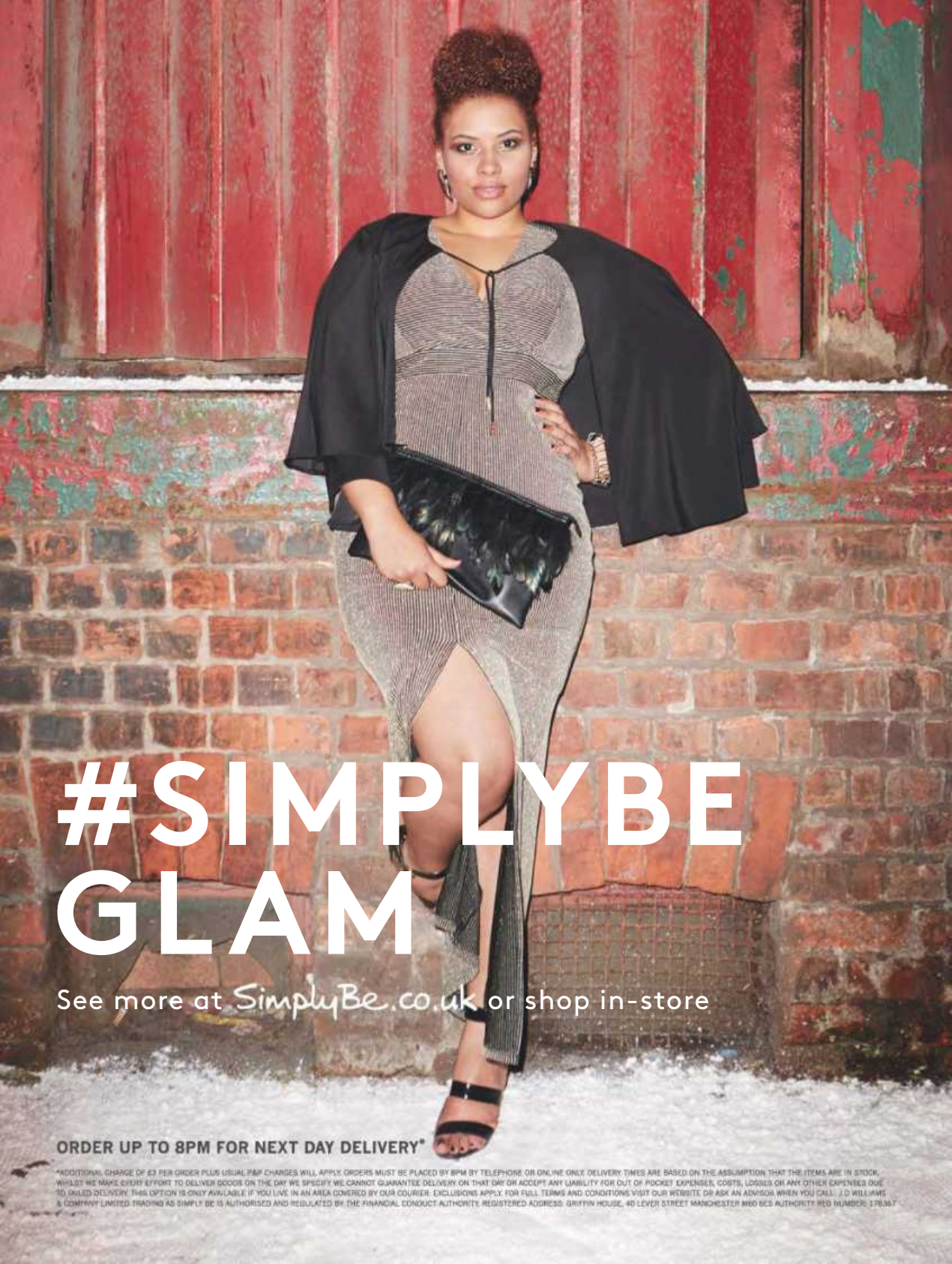
● 500g Maris Piper/Rooster potatoes, peeled and diced ● 2tbsp olive oil ● 2 garlic cloves, sliced ● 1 red pepper, sliced ● 1 yellow pepper, sliced ● 2tsp harissa spice ● 150ml lamb stock ● 12 black olives ● 50g dried apricots, roughly chopped ● 8 lamb chops, fat trimmed ● 1 small bag of baby spinach ● 1tsp rosemary ● 1tbsp chopped parsley

**METHOD** Pre-heat the oven to 220°c / gas mark 7. Boil the potatoes in salted water for 5 minutes, then drain. In a frying pan, add 1 tbsp of the olive oil and the drained potatoes, and cook for 5 minutes over a medium heat. Now add the garlic and continue frying. Next, add in the peppers and harissa spice and continue cooking for 5 minutes. Season with salt and transfer the potatoes to an oven tray. Pour over the lamb stock, add the apricots and olives and pop into the oven for 10-15 minutes. Meanwhile, add the remaining 1tbsp of olive oil and cook the lamb chops until browned on both sides – you may need to do this in two batches. Take the tray out from the oven, stir in the spinach, pop the lamb chops in the tray, season them and then sprinkle over the rosemary and cook for a further 10 minutes. Serve at the table in the tray.

## KNOW YOUR TATTIES

All of the recipes featured here serve four people and are under 500 calories per portion – perfect fuel for partying the night away. Potatoes are naturally fat-free, salt-free and a source of potassium and fibre, so they definitely deserve some cheer this festive season. For more tasty potato-based recipes, head over to lovepotatoes.co.uk or potato.ie

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GLAMOUR
Fashion + Beauty
DECEMBER 2015

# THE PARTY



# STARTS HERE



This page **Black and gold silk shirt** price on request Louis Vuitton

Opposite page **Silk shirt with crystal embroidery** and **silk trousers with crystal embroidery** both price on request Michael Kors Collection; **silk and leather boots** £870 Dior



# SHINE ON

THE NEW WAY TO SPARKLE FOR PARTY SEASON? THINK CRYSTAL PJS, LUREX KNITS AND MODERN METALLICS

Photographs by **Liam Warwick**
Fashion Director **Natalie Hartley**





Opposite page **Lurex top** £405 Isa Arfen; **sequined top** £35 asos.com;
**denim jeans** £745 Vetements at matchesfashion.com; **silk and leather boots** £870 Dior

This page **Faux-fur coat** £600 Hilfiger Collection at uk.tommy.com;
**wool-mix playsuit** £2,022 maisonmargiela.com; **silk and leather boots** £870 Dior



**Jacquard dress** price on request Dolce & Gabbana



**Green Lurex sweater** £550 Christopher Kane; **green and white cotton shirt** and **brown wool skirt** both price on request Miu Miu



This page **Wool sweater** £345 Emporio Armani

Opposite page **Silk dress** price on request Loewe; **wool jumpsuit** £1,840 Alessandra Rich at net-a-porter.com; **silk and leather boots** £870 Dior; **leather belt** £425 Loewe





**Black leather coat** and **black tulle dress** both price on request Valentino; **multi-coloured cotton corset** £322 Marques'Almeida; **blue suede gloves** from a selection MSGM

Make-up: Thom Walker using Tom Ford Beauty
Hair: Jawara at Coffin Inc, using Kiehl's Since 1851
Model: Aliz Menyhert at Viva London
Senior Fashion Assistant: Charlotte Lewis





# GOOD GIRL GONE BAD

Leather, lace and a touch of sparkle – winter just got *very* sexy

Photographs by **Olivia Frølich**

Fashion Editor **Karen Preston**

Opposite page **Velvet and silk top** £1,010 Christopher Kane; **leather skirt** price on request Marc Jacobs; **cotton tights** £14 Falke

This page **Black and red velvet playsuit** £1,665 Maison Margiela at net-a-porter.com; **black leather boots** £765 Giuseppe Zanotti; **black cotton tights** £14 Falke







Opposite page **Grey shearling coat** price on request and **black leather top** from £575 both Coach

This page **Leather jacket** £800 Blk Dnm; **silk dress** £2,050 Gucci



This page **Silk-mix coat** price on request Chanel; **leather skirt** £475 Theory at net-a-porter.com; **leather boots** £870 Louis Vuitton

Opposite page **Navy embellished-silk top** price on request Chloé; **black cotton knickers** (just seen) £5 uk.intimissimi.com; **black leather boots** £870 Louis Vuitton; **black wool beret** £65 Radà; **gold ring** £275 pandora.net





This page **Shearling coat** £600 Lacoste; **lace top** £515 Nina Ricci at harveynichols.com; **leather skirt** £140 Diesel; **leather and shearling bag** (just seen) £415 Longchamp; **cotton tights** £14 Falke

Opposite page **Black and navy embellished cotton-mix dress** £495 DKNY; **black leather boots** £765 Giuseppe Zanotti; **black cotton tights** £14 Falke



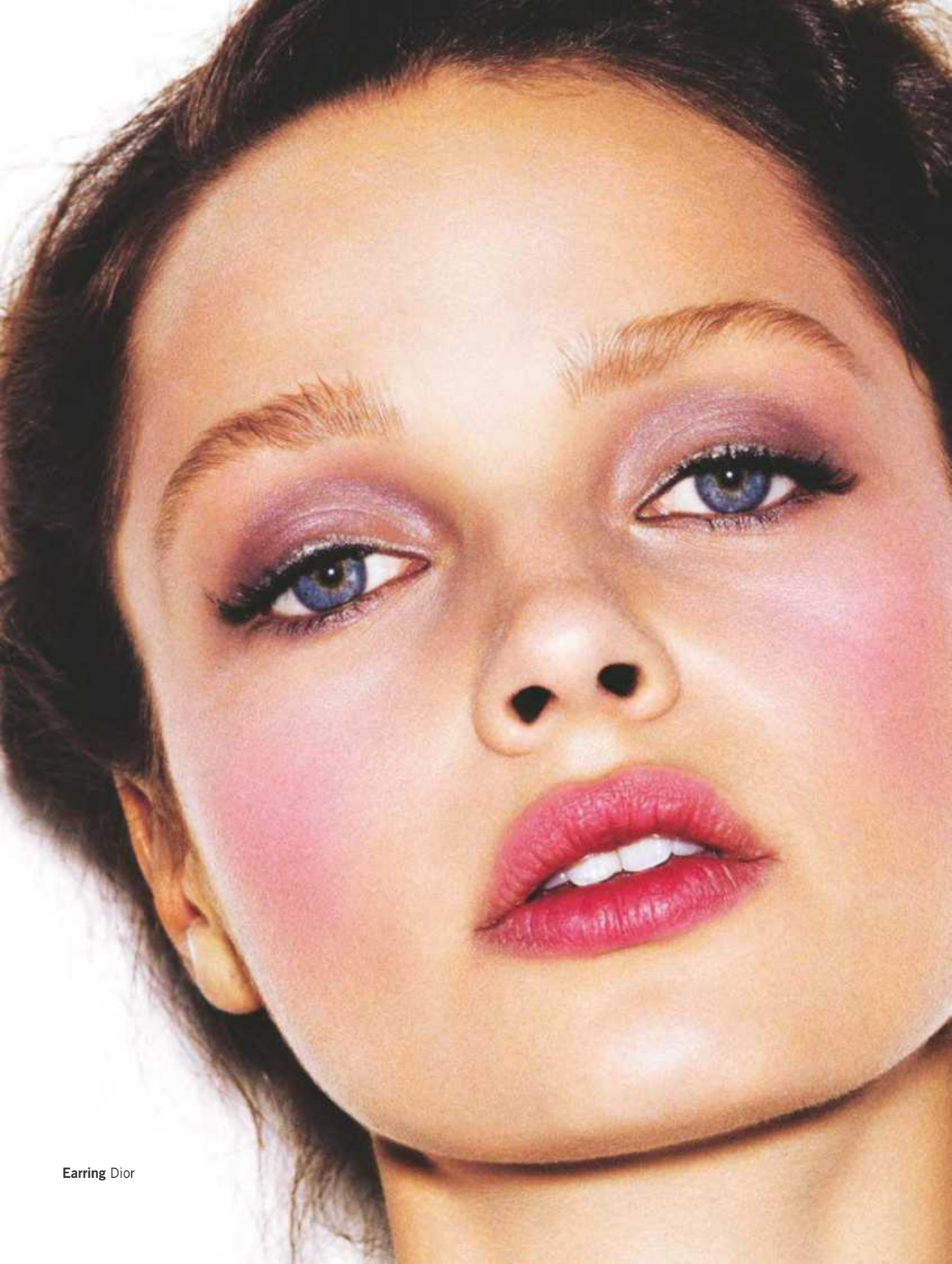


This page **Patent leather coat** £1,930 Miu Miu; **cotton knickers** £5 uk.intimissimi.com; **leather boots** £765 Giuseppe Zanotti; **gold and diamond watch** £995 Raymond Weil; **cotton tights** £14 Falke

Opposite page **Black and gold nylon-mix dress** £145 stories.com

Hair: Mirka Hajdova at Saint Luke using Bumble & bumble
Make-up: Marie Thomsen at Agentur CPH
Model: Nirvana Naves at Seeds Management
Senior Fashion Assistant: Charlotte Lewis





**Earring** Dior

# THE HISTORY GIRLS

## Make-up legend Lisa Eldridge channels classical beauty icons – to create four gorgeously modern looks

By **Alessandra Steinherr**

With over 1.2million YouTube subscribers, 403,000 Instagram followers and 408,000 Pinterest devotees, make-up artist Lisa Eldridge is a phenomenon. One of the first editorial make-up artists to pioneer online tutorials, her reach is now global – and her name synonymous with wearable, high-end beauty. A long-term GLAMOUR collaborator, she partnered with us on this exclusive shoot to launch her first book, *Face Paint: The Story Of Makeup*. This is not a how-to, but an insightful journey through the history of make-up. "I have always been fascinated by how and why women have worn and are wearing make-up," says Lisa. Here are some of her favourite timeless beauty looks.

### FLUSHED CHEEKS

### INSPIRED BY MARIE ANTOINETTE



"This is about velvety skin with a deliberate flush to cheeks," says Lisa. She used a bright cream blush (**Cream Color Base in Pink Shock** £16 maccosmetics.co.uk) and tapped it down the cheeks for a hot-flush feel, then layered **Instain Long-Wearing Staining Powder Blush in Lace** £20.50 The Balm (1) for intensity. For the eyes, she blended the pink and lilac hues from **Eye Color Quad in Lavender Lust** £64 Tom Ford (2). Team with girlie lashes by curling them and brushing through two coats of **Hypnôse Doll Eyes Mascara** £22.50 lancome.co.uk (3). For the rosy pout, Lisa pressed **Benetint** £24.50 benefitcosmetics.co.uk (4) straight onto bare lips. ▶



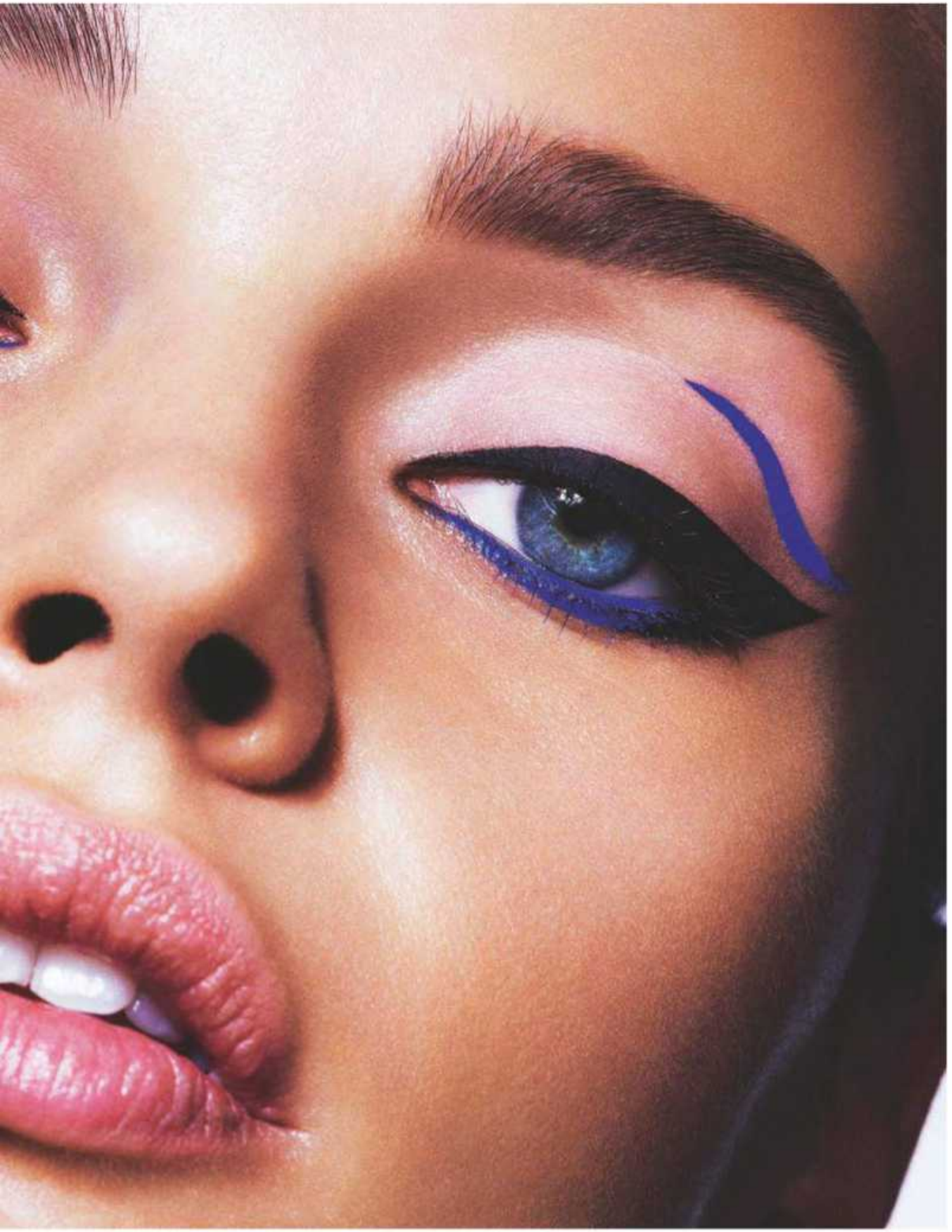

Photographs by **Simon Emmett**

## GRAPHIC LINER

### INSPIRED BY NEFERTITI



"I took inspiration from the Egyptian queens and their kohled eyes – we've used artistic licence here and added a modern element with the floating liner in the crease," says Lisa. She warmed up the skin with a slightly deeper foundation: "I really thin it out, so it's just like a colour-boosting veil." Then she buffed ▶





**Dress** Blumarine; **earrings and bracelet** Susan Caplan Vintage

◀ **Terracotta 4 Seasons Tailor-Made Bronzing Powder in Natural Blondes** £48 Guerlain (1) over cheekbones, the bridge of the nose, temples and chin for a sun-kissed glow. She drew a thick and winged outline along top lashes (**Drama Cream Eyeliner in Pitch Black** £6.99 hm.com (2), filled in the lower eyeline with **Khôl Hypnôse Waterproof in Marine** £19 lancome.co.uk (3) and followed the curve of the outer crease for the floating liner (**Artliner in Blue** £20 lancome.co.uk). Lashes are curled, but no mascara, "because it would change the shape of the eye and here I want it to be very precise and clean." On lips, she buffed over the edges with a foundation brush to optically plump them, then just patted lip balm on top.




## SCULPTING AND SMOKY EYES

### INSPIRED BY 1940s HOLLYWOOD



"This is ultimate old-school glamour – the contoured cheeks and smoky, glossy lids are so classic yet incredibly current," says Lisa. For the sculpted look, as seen on Marlene Dietrich, Lisa brushed **The Sculpting Powder in Medium** £35 Kevyn Aucoin from ears along cheekbones down to the corners of the mouth. "The trick with contour is to build it up slowly. Keep blending and going back and forth so it looks like a shadow, not a stripe," she says. For the smoky eyes, she prefers to blend black, grey and brown shadows to get depth but avoid too much density, which will weigh down the eyes (**Color Riche La Palette Nude Eyeshadow Palette Beige** £14.99 L'Oréal Paris). A few individual lashes at the outer corners and a dab of clear gloss in the centre of lids add drama. For silent-movie siren dark lips, she used **1000 Kisses Lip Liner in Black Tulip** £2.99 Rimmel London and **Pro Lip Palette in Editorial Reds** £35 maccosmetics.co.uk ▶




**Pro Lip Palette in Editorial Reds** £35 mac cosmetics.co.uk

**Color Riche La Palette Nude Eyeshadow Palette Beige** £14.99 L'Oréal Paris

**1000 Kisses Lip Liner in Black Tulip** £2.99 Rimmel London



**Dress and headphones**
both Dolce & Gabbana

Styled by Alessandra Steinherr
Assisted by Dominique Temple
Make-up: Lisa Eldridge
at Premier
Hair: Leigh Keates at Premier
Nails: Lyndsay McIntosh
at Premier
Model: Becca Breymas at Mikas
Still lifes: Benoît Audureau




## GLOWY SKIN

### INSPIRED BY MEDIEVAL BEAUTY



"This look is about skin luminosity, the idea that the radiance comes from within," says Lisa. Prepping is key, "I massaged in **LXP Ultimate Revival Cream** [£275 SK-II (1)] very lightly to stimulate lymphatic drainage." She then applied **Shimmering Skin Perfector in Pearl** £33 beccacosmetics.com underneath **Vitalumière Fluid Foundation** £36 Chanel. "I usually do highlighter after foundation, but for this look, I want extra luminosity." She then patted **Eyes To Mesmerise in Jean** £22 charlottetilbury.com (2) over lids as a base with **Eye Color Quad in Cognac Sable** £64 Tom Ford on top and a bronze mascara, rather than black (**Grandiose Mascara in Brun Mirifique** £24.50 lancome.co.uk, 3). "This is not a lash look, but the metallic mascara adds definition." Lips are subtle with just a dab of **Multi Color for Lips&Cheeks** £32 Aerin at esteelauder.co.uk (4).

## LISA'S PRO TOOLS

"These are the three brushes I use pretty much every day"

❶ **110 Face Shape Brush** £8.50 Zoeva. "This is great for buffing in highlighter, foundation and cream blush."
❷ **217 Blending Brush** £20 maccosmetics.co.uk. "This is my main concealing and retouching brush."
❸ **F80 Flat Kabuki Brush** £15.72 Sigma. "Perfect for seamless foundation application." G

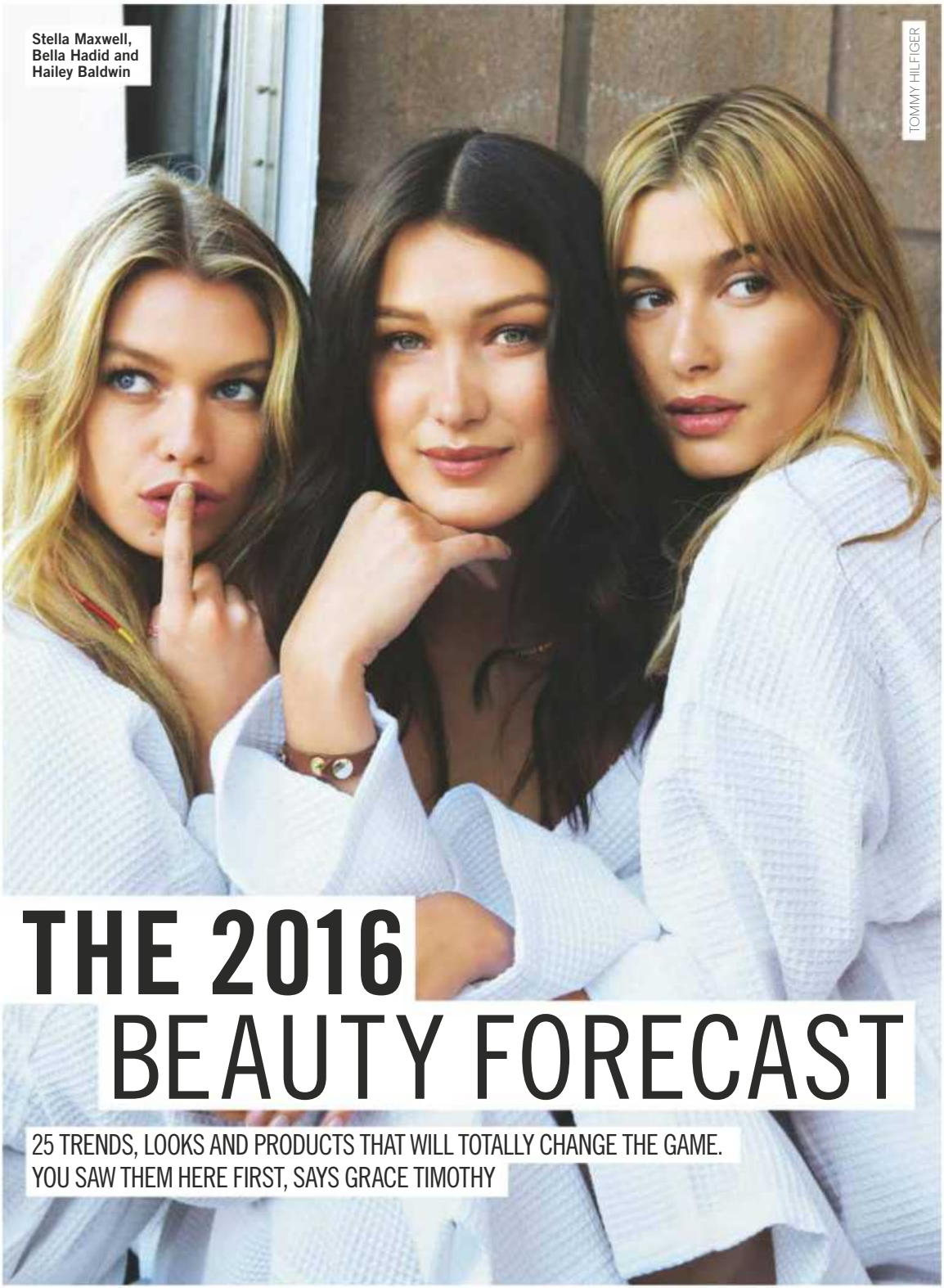



## EXCLUSIVE COMPETITION!




We have five signed copies of Lisa Eldridge's *Face Paint: The Story Of Makeup* to give away. See glamourmagazine.co.uk/competitions

*Face Paint: The Story Of Makeup (Abrams, £18.99)*



Stella Maxwell, Bella Hadid and Hailey Baldwin

TOMMY HILFIGER

# THE 2016 BEAUTY FORECAST

25 TRENDS, LOOKS AND PRODUCTS THAT WILL TOTALLY CHANGE THE GAME. YOU SAW THEM HERE FIRST, SAYS GRACE TIMOTHY


DAKS

## 1. MAX OUT ON MASCARA

"2016 is definitely the year of the spider-thick lashes," says Terry Barber, Mac director of make-up artistry. "Apply several coats of mascara to top and bottom lashes – I call it 'max mascara' – for a '60s, Bardot look." Luckily, there's a whole new wardrobe of lash dressers to help us come January: Rimmel's ground-breaking mascara tints lashes over time, while Bobbi Brown's **Eye Opening Mascara** will stretch and curl with that all-important long-wear formula we love BB for. And Benefit adds a tinted primer to its **They're Real!** collection – with an extra-flexible brush to make easy work of coating and separating each and every lash.




**They're Real! Tinted Primer** £18.50 benefit cosmetics.co.uk


MARC JACOBS


TIBI


DIOR




**Saint & Sinner Lip Tint in Pinky Nude** £22 Lipstick Queen

**Lip 20 Liner** £22 Kaplan MD

## 2. BE INSPIRED BY **THE '90s**


ANNA SUI

The '90s are back in a big way. "But this time they're pretty," says Alexia Inge, founder of cultbeauty.co.uk. "Lipliner, in particular, is going to be huge again, but will tackle anti-ageing and the condition of your lips too." We're excited about Smashbox's new **Lip Mattifier**, launching in April, and the new Kaplan MD lip pencil, which contains peptides and marine collagen to plump lips over time. Our top colour tip? Berry – so '90s. Mac also gives a nod to the era, with a collection inspired by the late '90s Latina pop star Selena, as requested by fans in an online petition. We hope that means a LOT of matte tawny-red lips! "Lipgloss will be huge, too," says Terry, "Just the right amount of balmy gloss in coral or pink." We're taking inspiration from the Dior S/S16 show, where gloss took centre stage. And finally, Lipstick Queen's **Saint & Sinner Lip Tints** launch in January, followed by Clinique's **Pop Artistry Pop Glaze Sheer** – a balmy, super-sheer lipstick – the month after. ▶


BURBERRY



## 3. BRIGHTEN UP

"I predict a big rise in brightening products, which even skintone and inhibit melanin production," says facialist Sarah Chapman. "Sun damage, pigmentation and age spots have become such a growing concern in the UK." The Eve Lom **White Collection** is launching in February, using brightening niacinamide and Dermapep, a powerful melanin-block, in a lotion, serum and sheet mask. Indeed Labs are also breaking new ground with vitamin C in its purest form – a real kick-ass brightening ingredient. And this spring, it's all about Burberry's **Brightening Fluid Foundation**. Oh. YES.










## 4. NEW FACES

Expect to see these gorgeous models dominating the catwalk, billboards and Instagram.







## 5. THE NEW FOUNDATIONS

"The skin revolution continues in make-up," says Terry. "Women have reclaimed that feminine soft glow of 'done skin', with good-coverage, water-based foundations, which create post-spa finishes. The glow is *real* – rather than the strobing look – using serums, moisturisers and primers, with a fine veil of colour that just fits." Look out for Shiseido's **Synchro Skin Liquid Lasting Foundation** – advanced 'sensing' technology to synchronise the tone with your own skin – out in March; and in February, Nars' innovative new **Velvet Matte Skin Tint** (as used at Thakoon S/S16) and Laura Mercier's **Candleglow Soft Luminous Foundation** £35 – medium coverage with a luminous finish.



## 6. WATCH THIS

Blow Ltd's first-ever collection, #10MinuteBlow, features six styling products and launches in January with a series of How To video links so you can perfect your blow-dry skills at home. We already love the **Party-Proof Hairspray** £10 blowltd.com




## 7. THE 'IT' EYESHADOW

We are all big fans of Perricone MD's **No Concealer Concealer**, so the new **No Eyeshadow Eyeshadow** (a treatment that brightens and wakes up eyes, out next summer) has us intrigued!



## 8. NEW SPA ALERT!

Ten Trinity Square – next to the Tower of London – will be opening its doors to reveal a super-luxe Four Seasons spa, with cosseting Espa treatments, a hammam, sauna, and its own spa boutique.





**TonyMoly Blueberry Lip Balm** £8.50 thisisbeautymart.com

## 9. KRAZY FOR **KOREA**

The obsession with Korean beauty brands won't be waning any time soon – BeautyMART is welcoming TonyMoly's quirky make-up to its Korean edit next year, and organic skincare brand Aromatica will be launching onto CultBeauty.



**TonyMoly Cushion Foundation** £28.50 thisisbeautymart.com




## 10. **APPLY** THIS

Kérastase is putting a whole new shine on 2016 with its first biphase oil in **Elixir Ultime Volume Beautifying Oil Mist For Fine Hair** £36.50, which both lifts and volumises fine hair, while also adding gloss without weighing down the ends.



TANYA TAYLOR



GISELE BUNDCHEN

## 13. **WEAR** THIS

Strobing will be everything this year – highlighters at the ready to illuminate all the high points of your face (left). Come summer, "Rio 2016 will make make-up about all things Brazilian," says Terry. "Think, Gisele [above] with that bronzed skin; the hit of sunlight on her face."

## 12. **SMELL** THIS

Calvin Klein is launching a new fragrance this spring – expect a younger, edgier scent. Meanwhile, Louis Vuitton and Proenza Schouler are working on debut fragrances, and in April, look out for Marc Jacobs's summery twist on Daisy.



## 11. **CONDITIONER** GETS A BOOST

Pantene Pro-V is adding a breakthrough anti-oxidant technology to *all* of its conditioners from February onwards. It will help remove the minerals in the hair fibre that can mess with the structure of healthy ends, addressing signs of damage from within. Clever, huh?

## 14. THE NEW **EYE CREAM**

GLAMOUR Beauty Director, Alessandra Steinherr, is obsessed with Bakel's **Jaluronic** £95, so their top-secret skincare innovation launching in spring has us all on tenterhooks – all we can reveal is that it's called **Nutrieyes** and will nourish the entire eye area. ▶



## 15. MAKE THIS

Palette London's make-your-own-nail-polish kits will focus on neon shades this S/S16. Blend your own shade of luminous gorgeousness, or match your accessories. £50 for a box of five colours and mixing essentials.

## 16. HAVE A GOOD HAIR DAY

Set to be next year's hottest blow-dry venue, Selfridges is opening a brand new Daniel Galvin salon in its London store in March.



## 17. THE DOUBLE CLEANSE... MADE EASY

We've long known the benefits of a double cleanse, but now Pestle + Mortar is set to refine the process and make it a whole lot easier with its **Double Cleansing System**, due next summer. Remove make-up with a coconut oil-based solid balm, and deeply cleanse with the second step, a gel cleanser containing grape-seed oil for ultimate antioxidant protection.

## 18. THE SKINCARE INNOVATION

The buzz is that Botox might soon be a needle-free deal... yes, topical Botox is on the horizon (**Biotulin Supreme Skin Gel** approx £36 biotulin.com). "It's interesting," says Dr Frances Prenna Jones. "Also IV vitamin cocktails will be big." And we hear that Beyond Medispas in your local Harvey Nichols will be offering vitamin drips next year.

## 19. BOOK THIS

Barrecore – Jourdan Dunn's pre-Victoria's Secret workout – is venturing out of the classroom. Perfect if you can't get to their London or Manchester classes (or can't face leaving the house), the instructors will be available to book for private live sessions online, as early as 6.30am. It's £40 for one hour and requires NO equipment.



## 20. THE COLLABORATIONS

We can't wait to see make-up artist Lucia Pica's (left) first make-up collection for Chanel, due out in August. Lisa Eldridge's (right) MAJOR lipstick innovation called **Lancôme Juicy Shaker** £18, will be launching in spring, and YSL will reveal its new work with make-up artist Isamaya Ffrench (centre).

## 21. NAIL THIS MARIAN NEWMAN'S TIPS FOR 2016

**THE TECHNIQUE** "I like the 'blendable' colours painted over a metallic base. I think we'll also see a spray-on version soon."
**THE BRAND** "Essence, a relative newcomer from Germany. Unbeatable prices and astonishing staying power."
**THE PRO SECRET** "Look out for stick-on base coats – you can peel off your polish, even if you're wearing glitter!"
**THE COLOURS** "We'll see beautiful nudes, metallic hues and negative space art – it's fun and easy to do."



**Eye Kohl in Teddy** £14 maccosmetics.co.uk




**Masterpiece Colour Precision Eyeshadow in Golden Green** £6.99 Max Factor










## 22. COUTURE NOTES

New looks from the make-up supremos behind these shows

**❶ THE NEW SMOKY EYE AT VERSACE**

Pat McGrath lightened up the smoky eye we're used to seeing at Versace. "It's a more outdoorsy, natural way to wear it," she said backstage. "It's a misty mint eye with really glowing skin and buttery lipgloss."

**❷ THE NEW CONTOURING AT ELIE SAAB**

Forget sculpted cheekbones – at Elie Saab, make-up supremo Tom Pecheux softly contoured the eyes and lips. "It's a sophisticated wing in gold, honey and brown, with liner inside the eyes, and black mascara, to suit the shape of the eye," he explained backstage. "Then a virgin brow and a lip pencil – that's it."

**Backstage tip** "Treat your skin intensely at night, so you only need a little, light help in the day," says Tom.

**❸ THE NEW LINER AT GIAMBATTISTA VALLI**

"It's very minimal," says Val Garland. "Just a straight line on the eye; very clean." Again, our beloved gloss is the only statement on lips, and the models wore as little foundation as possible – fresh-faced beauty at its best. **Fluidline in Blacktrack** £16 maccosmetics.co.uk







## 23. WISH LIST THIS

Not out until September, but well worth the wait, by all accounts, **Superfood Skin Nutrition Face Oil** is topping our 2016 wish list. If their existing **Superfood Pro-Radiance Facial** is anything to go by, we NEED this, now.

## 24. JOIN THIS

London super spa Bliss has us really excited with their membership scheme. For £89 per month, you get either a facial or 'Rhythm And Bliss' massage, 20% off products, exclusive offers and two guest passes for your friends to get discounted treats. Like joining the gym – for your skin!

## 25. THE BEAUTY EVENT OF 2016... THE GLAMOUR BEAUTY FESTIVAL

Watch GLAMOUR's beauty pages come to life, as our beauty editors take over London's Saatchi Gallery on March 12 and 13 to make every beauty junkie's dreams a reality. Enjoy a weekend of serious pamper opps with head-to-toe treats, plus live tutorials and Q+As with some BIG stars and the industry's top pros. See you there!

Still lifes: Benoît Audureau, Jody Todd. Photographs: Rex Features, Jason Lloyd-Evans, Instagram, Vincent Lappartient for Parfums Christian Dior, Kenneth Willardt, Getty Images, Trunk Archive/Kevin Tachman, Thibault Desplats for Lancôme © 2015

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# CHRISTMAS GIFTS FOR YOU

Hey, after all that present shopping, you deserve a treat, says **Grace Timothy**

## BELFAST

**Revitalising Ritual at Culloden Estate And Spa, 142 Bangor Road, Holywood BT18 0EX (028 9042 1066; hastingshotels.com)**
A soothing full-body scrub, relaxing Espa back massage using hot lava shells, and bespoke revitalising facial will leave you seriously refreshed.
**Usual price** £120 for 80 minutes

## BERKSHIRE

**Detoxifying Algae Wrap at The Vineyard, Stockcross, Newbury RG20 8JU (01635 897519; the-vineyard.co.uk)**
No matter how chilly it gets outside, a cocooning wrap and relaxing head massage will warm you up. Your skin will be buffed to perfection, then a spirulina-infused seaweed wrap is gently applied, followed by a hydrating oil.
**Usual price** £70 for 55 minutes**

## BRIGHTON

**Chocolate Massage at The Lanes Health & Beauty, 5 Market Street BN1 1HH (01273 725572; thelaneshealthandbeauty.com)**
How about a chocolate treat? Using Karin Herzog's chocolate monoi with a hint of coconut makes this the most delicious massage ever. Muscles are soothed, skin is scrumptious.
**Usual price** £60 for 55 minutes




## CARDIFF

**Luxury Treatment at Sassoon Salon, The Capitol, Queen Street CF10 2HQ (02920 644 222; sassoon.com)**
Gorgeous, glossy hair, now *that's* a gift we can all enjoy. In just 20 minutes, your salon expert will use luxurious Sassoon haircare to address any personal bugbears.
**Usual price** £25 for 20 minutes

**Stone Therapy at Ken Picton, 8 Mermaid Quay CF10 5BZ (029 2066 2080; kenpicton.com)**
A full consultation determines the best massage for you, with heated and cooled stones to soothe away every ache and pain. Aaaand relax.
**Usual price** £65 for 75 minutes

## CHESTER

**Rejuvenate Spa Break at Macdonald Craxton Wood Hotel & Spa, Parkgate Road, Ledsham CH66 9PB (0344 879 9038; macdonaldhotels.co.uk)**
Take pampering to a new level with this overnight spa break. Enjoy a 30-minute Elemis treatment of your choice – massage; facial; salt glow; hand and nail treatment or foot ritual

TAKE THESE PAGES TO ONE OF OUR LISTED SPAS OR SALONS
TO CLAIM YOUR DISCOUNT – VALID UNTIL DECEMBER 6, 2015*

Photograph: Jason Lloyd-Evans. Still lifes: Benoit Audureau. *Please mention offer at time of booking and present these pages at the salon or spa on arrival. Unless otherwise stated, offers are subject to availability and certain restrictions and are valid until December 6, 2015. **Only available Monday-Friday. †Monday-Thursday only. Please quote promo code GLA when booking.

– with dinner and breakfast for two.
**Usual price** £149 per person†

## CHICHESTER

**Luxury Pedicure at Champneys, 60 East Street PO19 1HL (01243 819010; champneys.com)**
Treat your feet – this relaxing pedicure includes a foot scrub, soak, nail re-shape, hard skin removal, foot and lower leg massage, heated booties and painting or buffing.
**Usual price** £40 for 55 minutes

## DEVON

**Espa Aromatherapy Massage at Salcombe Harbour Hotel & Spa, Cliff Road, Salcombe TQ8 8JH (01548 844444; salcombe-harbour-hotel.co.uk)**
What's better than a full-body massage? A bespoke full-body massage, tailored to soothe your concerns. Kiss goodbye to stress, tension and fatigue.
**Usual price** £59 for 55 minutes

## GUILDFORD

**Luxury Manicure at Champneys, 194 High Street GU1 3HZ (01483 455850; champneys.com)**
Everyone loves a glossy mani, but the luxe extras in this package make it a serious treat: a relaxing hand and arm massage with heated mitts – heaven.
**Usual price** £38 for 55 minutes

## LEEDS

**Superskin Botanical Lift Facial at Liz Earle Salon, The Victoria Quarter, 38-40 Queen Victoria Street LS1 6BE (0113 288 5940; lizearle.com)**
Designed by facialist Abigail James, this lifting facial combines massage, warm and cool compresses and active ingredients to tone and moisturise skin.
**Usual price** £120 for 50 minutes

## LIVERPOOL

**COMCIT Elite Facial at Crystal Clear, 34 Rodney Street L1 9AA (0151 709 7227; crystalclear.co.uk)**
How about a brand-new facial to erase all signs of seasonal stress? The best in microdermabrasion techniques are combined with oxygen and luxe skincare infusions to reveal brighter, smoother skin.
**Usual price** £90 for 60 minutes

## LONDON

**Massage by CitySwish, London zones 1-3 (020 3318 8234; cityswish.com)**
The ultimate relaxing treat: a massage at home. The CitySwish therapists will come to you, offering Swedish, deep tissue, sports or an energising massage. Then simply roll off to bed.
**Usual price** £60

**Organic Colour and Treatment at Karine Jackson, 24 Litchfield Street, Seven Dials WC2H 9NJ (020 7836 0300; karinejackson.co.uk)**
Enjoy a festive cocktail during your consultation, then relax while your colourist applies an ammonia-free colour, followed by a luxe treatment, head massage and glam blow-dry.
**Usual price** from £45

**Sienna X Full Body Spray Tan at The Mayfair Tanning Company, 5 Dering Street W1S 1AA (020 7495 2666; mayfairtanningandwaxing.co.uk)**
Treat yourself to a tan for all seasons, tailored to suit your skin tone, with Sienna X's three shades of gorgeous.
**Usual price** £50

**Intensive Moisture Mask & Blow-Dry at Nicky Clarke Salon, 11 Carlos Place W1K 3AX (020 7491 4700; nickyclarke.com)**
Restore shine and glossiness with the Holy Grail of bouncy blow-dries. Luxuriate in a hydrating mask – with soothing scalp massage as standard – and then watch as your hair is transformed into an A-list style.
**Usual price** £60

**CALLING ALL SPA STARS!**
GLAMOUR is on the lookout for the UK's top spas and salons for our next G Directory. If you'd like to suggest your venue, please email glamourbeauty.assistant@condenast.co.uk with your address, link to your website and your pampering speciality!

## Too good to give away!

Christmas gift packs are a great way to try before you buy, and with this **REN Skincare Set** £23 marksandspencer.com you can stage an at-home facial to prep for your big night out.



## GLAMOUR ON THE GO

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# THE TRUTH ABOUT FOOD ALLERGIES

Scared of dairy? Avoid wheat like the plague? These days, it seems everyone has an intolerance or allergy. But are there genuine health reasons to give up certain foods – and how can you tell if *you* should? **Maria Lally** investigates



Illustrations by **Laura Hunter**

When Gwyneth Paltrow became the poster girl for a gluten-, dairy- and egg-free diet, the notion of cutting out an entire food group seemed like the preserve of celebrities who had a private chef to tend to their dietary needs. Fast forward ten years and ditching a food group for your health isn't just popular, it's *everywhere*. Instagram is awash with #wheatfree and #sugarfree hashtags, and food bloggers are making their names by creating eating regimes for their lactose/gluten/pick your food group-intolerant audience. So why the sudden craze for cutting out foods? Are there any health benefits (or risks), and what's the difference between a food allergy and a food intolerance anyway? Here's everything you need to know.

## Allergy vs intolerance

"A food allergy involves the immune system," says Dr Isabel Skypala, a consultant allergy dietitian at Royal Brompton & Harefield NHS Foundation Trust. "With a food allergy, your body mistakes a particular food for a potential invader and reacts within two hours of eating that food (usually sooner), every time you eat it." Symptoms include nausea, vomiting, wheezing, rashes and anaphylactic shock. Intolerances are less specific and tend to cause symptoms such as bloating, diarrhoea and constipation, or tiredness. "The timescale of your symptoms may vary, you may not always react to a food or your symptoms may change depending on the combination of food you're eating."

Amena Warner from Allergy UK adds, "An allergy is very definable, potentially life threatening and fairly straightforward to diagnose, whereas intolerances don't involve the immune system. They're much more vague and could range from severe bloating or diarrhoea to somebody just having a feeling that a particular food 'doesn't agree' with them. And they generally don't tend to be life threatening."

The only exception to this rule is coeliac disease, which is an autoimmune disease caused by an adverse reaction to gluten (a protein found in wheat, barley and rye). "Unlike other food allergies, the symptoms of coeliac disease aren't always immediate, but it falls under 'allergies' and not intolerances because it involves the immune system, which reacts to gluten," says Dr Skypala.



"An allergy is fairly straightforward to diagnose; intolerances are much more vague"

## What are the most common types?

Coeliac disease affects one in 100 people – however, of those, only 24% of sufferers know they have it, meaning half a million people in the UK have coeliac disease and don't even know about it. Symptoms include bloating, diarrhoea, nausea, wind, constipation, unexplained tiredness, mouth ulcers, unexplained or sudden weight loss and a red, raised rash (often with blisters) on the elbows, knees, bottom or face (this is known as dermatitis herpetiformis, or DH).

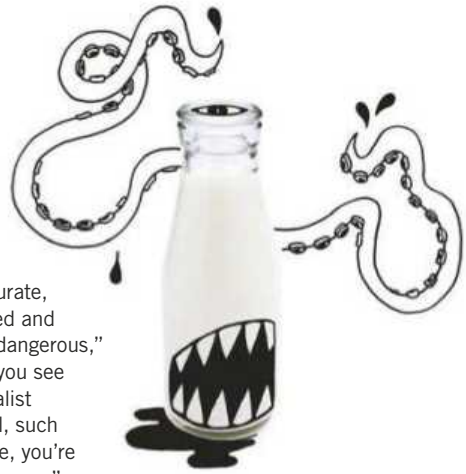
"Other allergies include fish and shellfish, usually prawns, nuts, milk and eggs, but the last two are very rare in adults and more common in children, who then usually grow out of it," says Dr Skypala. "Then there's pollen food syndrome, or oral allergy symptom, which occurs in adults who are sensitive to tree or grass pollen. This happens when the body wrongly recognises foods, such as fruits and nuts, as pollen and reacts."

Common food intolerances are to wheat (found in bread), dairy (eg milk, yoghurt and cheese), and fructose (the sugar found in fruits). Symptoms include bloating, diarrhoea or constipation, nausea, tiredness and a general feeling of sluggishness.

## How can you be tested?

According to Dr Skypala, with an allergy there's no grey area: "A blood test or skin-prick test will give you a positive or negative result and ▶


5AM? I DECIDE
WHEN THE NIGHT ENDS, NOT
MY PERIOD.
New*Always Ultra. Up to 100% leak protection.
Stay out till sunrise with new Always Ultra. Its super absorbent
core has liquid locking gel, and gel can't leak.
Remember, great stories don't happen when
you stay in. Also available in Liners.
*improved core with more liquid locking gel
clean · dry · fresh
always
NEW
always
ultra
always
dailies



◀ you'll then be given guidance by a dietitian." But don't be tempted by a home-testing kit: "They're inaccurate, they're not regulated and they're potentially dangerous," she says. "Unless you see your GP or a specialist allergy professional, such as a doctor or nurse, you're just wasting your money."

Nutritionist Amanda Ursell agrees: "If you think you have a food allergy, see your GP right away, who can refer you to a medically qualified allergy expert. Don't opt for one of the alternative therapy-style tests available online, such as kinesiology or hair analysis."

As for food intolerances, Dr Skypala says there's no specific test. "It's just a matter of cutting the suspected food out of your diet for four weeks and if your symptoms improve, you may have one. However, this has to be done under the care of a dietitian. Don't try to cut things out yourself, or because you've read something about food intolerances online – the information there is often poor, old or inaccurate."

## Is there a cause – or cure?

According to the experts we spoke to, there's no known cause for allergies or intolerances, but recent studies have found that being exposed to a wide variety of food when you're a baby can actually protect you from allergies. "New research shows that exposing babies and young children to nut protein can actually reduce their risk of developing a nut allergy in the first place," says Dr Skypala. [But check with your GP first, as your child will need an allergy test and to be evaluated – and never give peanuts or whole nuts to children under five, for risk of choking]. "As for other causes, it's still largely unknown why some people develop food allergies or intolerances. Some studies suggest it could be because we're getting cleaner, or there's more pollution, but we don't really know. Although there is research that shows some conditions, such as coeliac disease, may be genetically inherited. There's also some research that shows the quality of our food can help prevent allergies and intolerances, so eating a wide range of fresh, in-season fruits and vegetables may help reduce your risk."

## Are they on the rise?

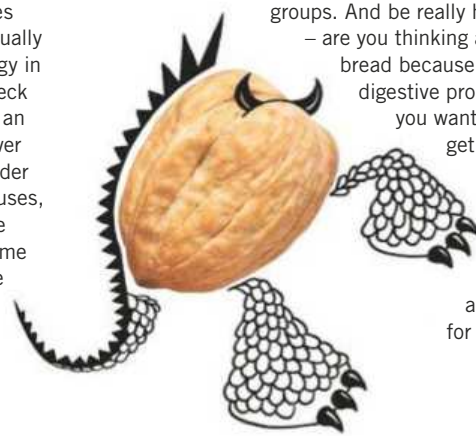
"It does seem like more people than ever are suffering from food allergies and intolerances, and the 'free-from' range in supermarkets is getting bigger than ever, but in reality there are no accurate figures to pinpoint exact numbers," says Ursell. "According to the British Dietetic Association, around 3% of adults have a food allergy, although 20% think they do. And I'm sure the figures are higher with food intolerances."

> "It's unknown why some people develop allergies or intolerances. But research shows the quality of our food can help prevent them"

## A word of warning

Before you start browsing that ever-expanding 'free-from' aisle, a word of advice from Ursell: "While food allergies and intolerances are very real and potentially dangerous, it's important to remember that most people don't have them. Yet there seems to be a commercialisation of exclusion. One problem is that there is a lot of advice online from non-experts who recommend cutting out one food group or another. Some of them may have a genuine diagnosis, but many others may be hiding eating disorders behind a veneer of diet exclusion. Or simply not know what they're talking about. So be aware of who you're following, and question how qualified they are to be telling anybody to cut out food groups. And be really honest with yourself – are you thinking about cutting out bread because you have a genuine digestive problem, or because you want to lose weight or get a flatter stomach?"

Ursell says you also need to be wary of cutting out a food group without replacing it with another to make up for the nutritional ▶



◀ shortfall. "Take dairy intolerance, for example," she says. "If you decide to stop drinking cow's milk because you think you're intolerant, then you need to be aware of what you're doing. Calcium, which is found in milk, cheese and yoghurt, is really important for bone and teeth health, especially in your twenties, when you're still building up your bone density. So if you take cow's milk out of your diet, you need to think carefully about what to replace it with. Almond milk is a great source of calcium, yet oat milk isn't. Carbs are another food group that is commonly excluded, but again you have to ask yourself whether you're doing this for vanity reasons or because you genuinely think you have a real intolerance? While fat and protein can be broken down by the body to provide energy, carbs are a really great energy source. Even white bread has health-boosting calcium and B vitamins, and wholemeal bread has them, plus fibre. So don't cut out a fantastically nutritious food such as bread for no good reason."

"Self-diagnosing can be potentially life threatening"

Lastly, Ursell says that self-diagnosing can be potentially life threatening: "If you think you have coeliac disease, you should continue eating gluten and see your GP. If you give up gluten, or start swapping regular pasta for gluten-free pasta, but still keep small amounts of gluten in your diet, and then you see your GP, you may get what's called a 'false negative' result. If you don't get the right result and continue eating gluten despite having coeliac disease, you could go undiagnosed for several years, which could have harmful consequences. If you have symptoms, such as constant bloating or diarrhoea, you should see your GP rather than cutting out bread, as there is a chance it might not just be an allergy or intolerance. It's unlikely that anything will be seriously wrong, but as illnesses such as Crohn's disease and ovarian cancer share similar symptoms, you need to rule out potentially harmful diseases before tinkering with your diet."



# What can you eat instead?

**If you're avoiding dairy**

"Drink almond milk," says Ursell. "And eat more dark green leafy vegetables, which are a great source of calcium." To get your yoghurt fix, try Coyo Vanilla Dairy Free Coconut Milk Yoghurt (available in supermarkets and health food stores).

**If you're avoiding fish or shellfish**

Fish is a fantastic source of omega-3 fatty acids, which you can get from flaxseeds or flaxseed oil too (both are great on salads).

**If you're avoiding eggs**

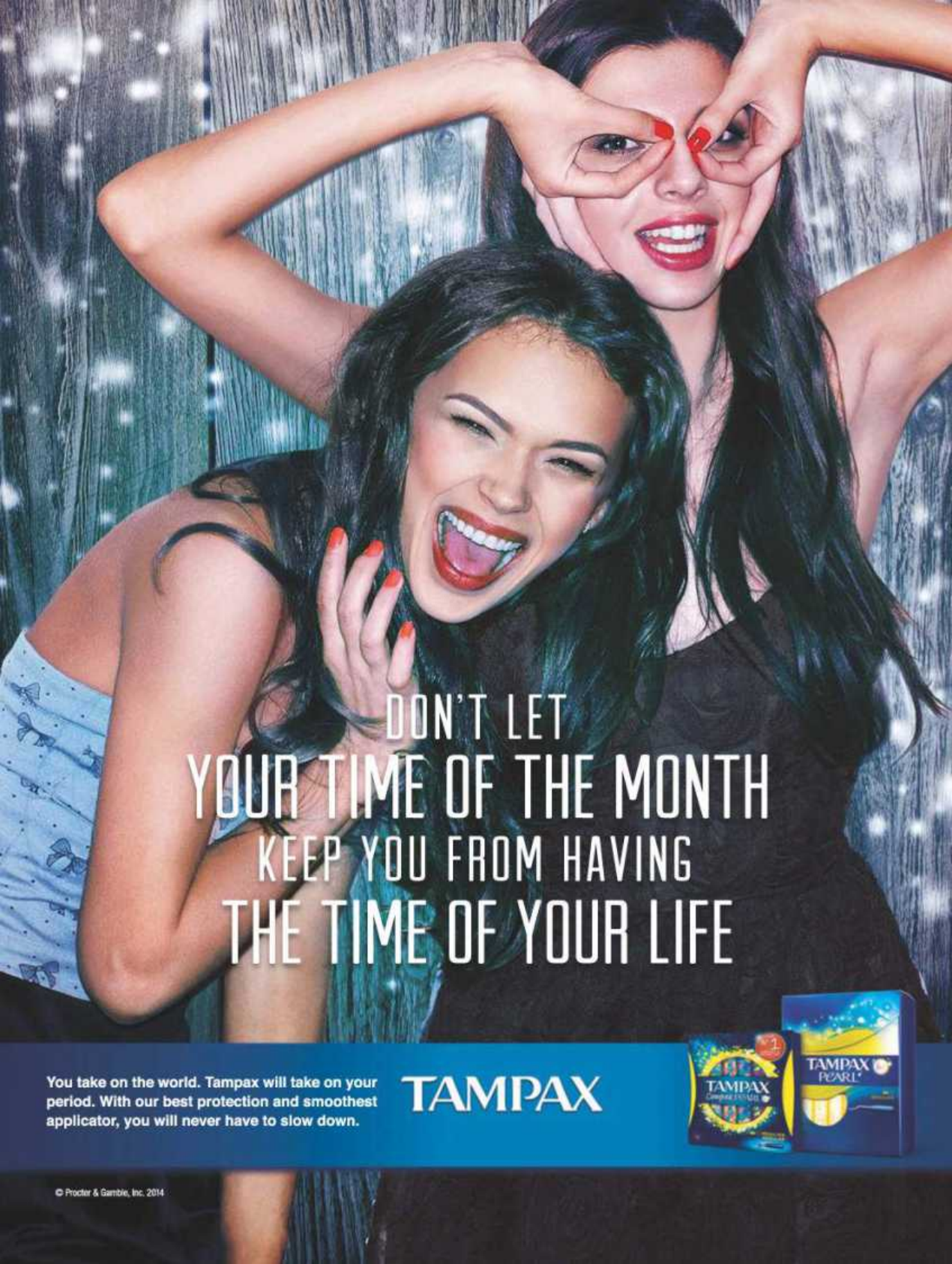
"Some people with an egg allergy have to avoid it altogether, while others can tolerate foods containing well-cooked egg (such as cake) without a problem," says Warner. "And unlike chronic (incurable) allergies, such as coeliac disease, you can grow out of it." In the meantime, buy egg-free versions of mayonnaise, quiche and cakes. Or try a vegan cookbook (such as *Deliciously Ella: Awesome Ingredients And Incredible Food That You And Your Body Will Love*).

**If you're avoiding gluten**

If you're diagnosed with coeliac disease, your GP will refer you to a dietitian for advice (see coeliac.org.uk for more information). Also, read Amelia Freer's *Eat. Nourish. Glow.* Freer (Sam Smith's nutritionist) doesn't eat gluten and her book is full of tips and recipes for avoiding it. And we love Schär's new gluten-free range, including pizzas, ready meals, biscuits and crackers. Available in supermarkets.

For more information and advice, see allergyuk.org and nhs.uk/conditions/food-allergy

Photographs: iStock


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**The Minx watch** £250
nixon.com

# We wish you a GLAMOUR Christmas

And some stress-free shopping, with our ultimate gift guide. By **Jenny Wood**





**Metallic faux-leather cushion**
£15 very.co.uk



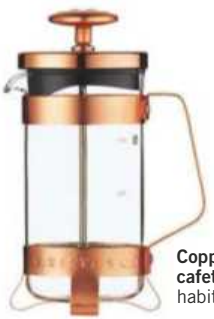
**Reebok Classic Copper Runner Trainers**
£60 urbanoutfitters.co.uk



**Betty Jackson. Black 3D flower necklace** £25
debenhams.com



**By Sainsbury's copper bear and wine glass cookie cutters**
£2.50 each
sainsburys.co.uk



**Copper cafetière** £35
habitat.co.uk



**Bill Skinner fox earrings** £39 cotswold trading.com



**Prime backpack** £38 Mi-Pac at amazon.co.uk



**Silver 'Love' ring** £18 oliverbonas.com

**Camel teapot** £21.95 rigby andmac.com





**Love and Fortune ring** £35 Folli Follie



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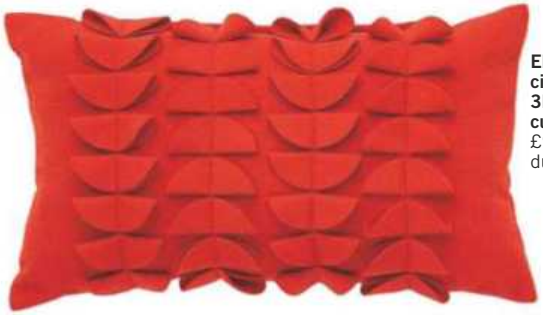
**16-piece Liberty cutlery set** £75 marksand spencer.com



**Trinket pot** £18 oliverbonas.com ▶



**Dorothy shoes** £37.80
elfielondon.com



**Elements circle 3D filled cushion**
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dunelm.com

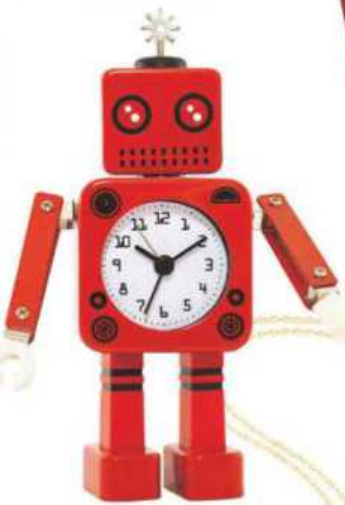




**Cath Kidston Billie timer**
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**GPO attaché suitcase turntable** £89
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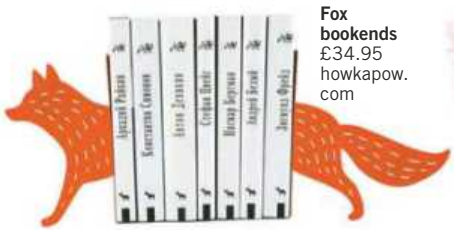
**Calvin Klein black/pink reversible tote bag** £125
houseoffraser.co.uk



**Foldaway S1eX bicycle** from £770
Brompton



**Liberty London large Iphis leather zip-around wallet** £275 liberty.co.uk



**Fox bookends**
£34.95
howkapow.com



**Mary Katrantzou ruffle collar**
£100 selfridges.com ▶




**Bag** £6.99 oakroomshop.co.uk

**Aften Seaweed & Juniper candle** £20 and **Morgen Cucumber & Wasabi candle** £20 both pipkinandco.co.uk






**Weather clock** from £275 bramwellbrown.com



**Pom-pom shoes** £28 next.co.uk




**Tote** £35 theschooloflife.com



**ASOS pom-pom jumper** £35 asos.com

**Revelation Body Oil** £6.99 hm.com






**Mr Badger cushion** £12.95 dotcomgift shop.com





**Chevron midweight scarf** £14 very.co.uk



**Woodland tea towel by Eloise Renouf** £12 howkapow.com



**Jasper pouffe** £99 swoon editions.com



**M&S Collection scarf** £18 marksandspencer.com



**Dalmatian necklace by And Mary** £21 littlemoose.co.uk




**Cushion** £12 tesco.com



**Apple Watch Sport** £299 johnlewis.com



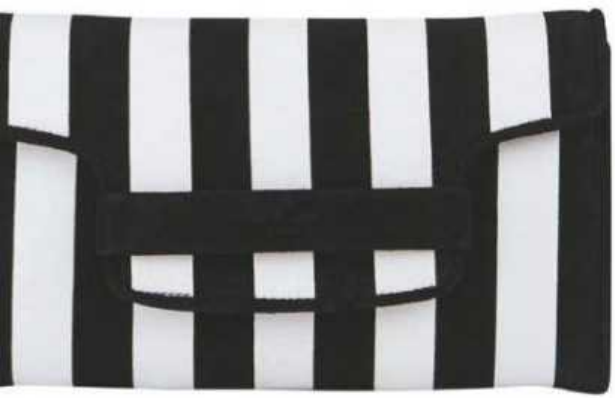
**Panda salt and pepper shakers** £28 nhmshop.co.uk



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**Curl cup and saucer** £22.95 liberty.co.uk



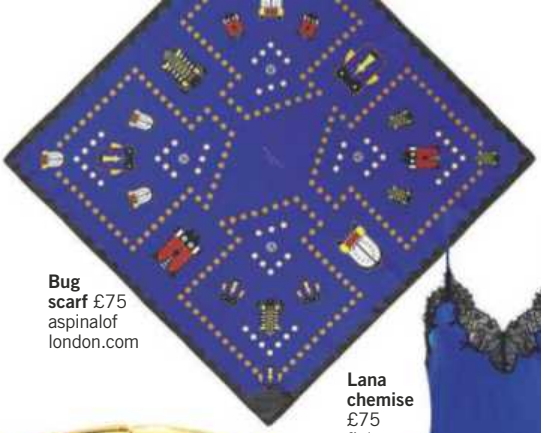

**View Quest retro mini radio** £59.99 myvq.co.uk



**Wild & Wolf V&A Kite Strings garden gloves** £14.95 bloomsburystore.com



**Salt and pepper grinder** £60 suck.uk.com



**Bug scarf** £75 aspinalof london.com



**H! by Henry Holland drawn by Will Broome pouch** £15 debenhams.com



**Lana chemise** £75 figleaves.com




**Jumper** £34.95 gap.co.uk



**Esmie diary** £26.95 liberty.co.uk




**Liberty London bracelet** £185 liberty.co.uk



**Newgate Covent Garden alarm clock** £20 furnish.co.uk



**Khaki nerine classic aviator sunglasses** £210 Chloé



**Men's wool coat** £475 Sandro



**Men's fisher cable roll-neck** £85 boden.co.uk



**Audlem bag** £250 villageengland.com



**PS 2014 table mirror** £15 ikea.com





**Bunny booties** from £15 boden.co.uk G



Clockwise from left **The gorgeous views at Lake Attersee; the WeinArt house; Fashion Director Natalie Hartley takes a dip; the 'garden' at the WeinArt home**





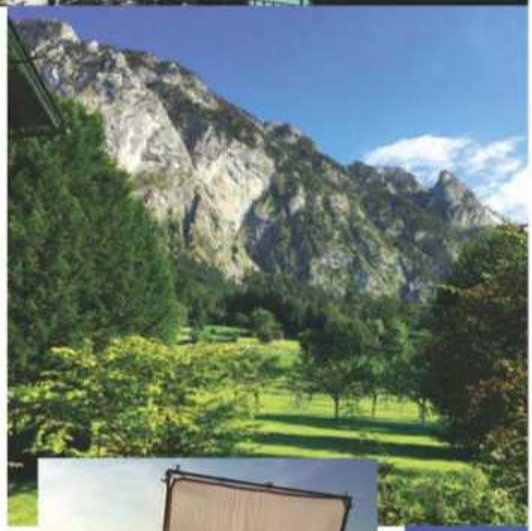
# When in Austria...

## ...make like the GLAMOUR fashion team and do it in style

A last-minute fashion shoot (see *Shine On* on p220) meant a speedy trip to the home of Mozart and some of the most beautiful scenery we've ever seen – think crystal-blue lakes, green mountains and 30°C; pretty lucky, right? We stayed on Lake Attersee, home to two family-led businesses, WeinArt and LandArt, known globally for their fine wines, Champagne and traditional Austrian cuisine.

Our days were spent shooting lakeside and in cosy wooden "Hütten" (huts), which set the scene perfectly for our winter stories. We embraced all the local traditions and ate and drank with the owners most nights, trying local delicacies and learning about fine wines (we left wanting more!).

Planning a wedding, dinner or private event? Make your trip more memorable with WeinArt – this phenomenal estate is the perfect spot. Visit weinart.at/en










From left **Behind the scenes with model Tessa Bruinsma; Tessa and make-up artist Thom Walker swap jobs; Bookings Editor Simone and model Aliz Menyhert enjoy a Champagne reception**

Photographs: Simone Schofer. British Airways flies daily to Salzburg, Austria, from Gatwick. Flights start from £150 return, including all taxes and charges. For reservations, visit ba.com or call 0844 493 0758

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# 11 things only a BEST FRIEND will say to you

**Lucy Porter** knows a real mate tells it straight



1 Are you sure you want to wear that to meet your boyfriend's parents?

2 Sorry babe, on the loo. Hold on while I wipe.

3 I don't care if you're doing the Paleo diet. We need Krispy Kremes right now.

4 Yes, you're too old to be gutted about One Direction breaking up. I supported you through the Blue split, but you're 28 and this is where I draw the line.

5 I'm not saying you're an oversharer, but most people don't usually Instagram during a bikini wax.

6 It's pronounced 'espresso', not 'expresso'. Anyway, how was your interview for head of marketing at Starbucks?

7 I was planning on doing something really fun tonight, but I'd rather hang with you.

8 I'm taking that phone away for your own protection. You can have it back when you're sober, or your taste in men improves.

9 Before we settle down to *Don't Tell The Bride*, can I unhook my bra?

10 I love doing karaoke with you, it's so much better than with someone who can actually sing.

11 It's probably just an ingrown hair, but OK, I'll take a look.

Photograph: Will Whipple

See lucyporter.co.uk and follow Lucy on Twitter @loonabimberton

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**Alessandra Steinherr, Beauty Director**




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# Style Secrets…



**MIFANI**'s collection of Over Knee Boots nod to opulence, luxury and understated glamour. For 25% off boots enter code MIFANI10 at checkout (expires 30/11/15). Find their full range of stunning shoes online at **www.mifani.com**




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**ZYNNI CASHMERE** is a brand formulated from an exquisite blend of classic Chinese arts, specifically dance, and the finest training in knitwear. The latest collection, featuring such beautiful garments as this double-sided cape and striped shawl detailed with silver yarn, are crafted from the most luxurious cashmere available. View their stunning, inspired range at **www.zynnicashmere.com**



**THOMAS LAVONE** is a Newark, New Jersey based designer known for custom couture gowns and fine apparel. The brand evokes a timeless feminine aesthetic that is both polished and sophisticated. An unparalleled craftsman beguiles the standard with perfect lines and exceptional fit.
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**MÉLANGE MODE** specializes in unifying African prints with modern clothing. The edgy styles are the perfect way to bring a pop of colour to your wardrobe this autumn. Visit **www.shopmelangemode.com** to see more fun pieces.





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Add a little Glamour to your winter wardrobe with **PRETTYLITTLETHING.COM**! As well as the A/W15 range, fashion and fitness guru Lucy Mecklenburgh has recently joined forces for another stunning collection; full of gorgeous lace co-ords, chic jumpsuits and sparkling dresses in a decadent autumnal palette. Above Lucy wears the Jazmin multi sequin shift mini dress £25. Visit **www.prettylittlething.com**

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# Sparkle This Season…





















**1. MARINA JACOB DESIGN.** The sublimely unique design of this stunning "Crushed Ice" ring won the Gem Empathy Award at International Jewellery London this year. Superb metalwork intensifies an icy, arctic feel created by spectacular use of green beryl and diamonds. The works of this German artist are currently being exhibited throughout Europe. For more information visit **www.marina-jacob.de**

**2.** The Daphne Signature Silver with red lizard strap by **DU MAURIER WATCHES** (£440). This fabulous Swiss-made, Limited Edition timepiece will sparkle through the dull, grey winter with a shot of bold red to keep you warm. Also available in other colours. See the full collection at **www.dumaurierwatches.com** or call **08455 193074.**

**3. LZZR JEWELRY.** Easy to wear, architecturally-inspired jewellery that gives back with every purchase. Each piece is carefully handmade using beautiful materials that are easy on the environment. Use code GlamourUK at **www.LZZRJewelry.com** for 10% off until December 31st, 2015.

**4. NIKKILISSONI JEWELLERY** is crafted with care, passion and designed with an authentic meaning. Wear your NikkiLissoni jewellery and mix the coins and charms that reflect your inner strength and values. Love Life with NikkiLissoni. Shop their jewellery at **www.nikkilissoni.com**

**5. KARMA LINKS.** Standout jewellery with a chic bohemian flair to be worn alone or lavishly layered for a more stunning look. Paired with gemstones, pearls, sterling silver and gold charms, each piece enhances positive energy to its wearer. Visit **www.karmalinksjewellery.com**

**6. TRIBE JEWELRY.** Designer Sarah Lewis finds inspiration in her travels, and in the natural materials she uses to craft her collection: crystals, stones, silver, bronze and gold. Fashion trends are applied, but in unique ways, staying true to her modern bohemian aesthetic. Displayed here: the *Days To Come Necklace* in Quartz Crystal ($178), the *Flower Of Life and Crescent Moons Rings* in Moonstone ($148, $138). All are Sterling Silver. Both available online: **Tribe-Jewelry.com** | Receive 20% off! Use code: 'GLAMOUR' (offer expires 31/12/15).

**7. MINK&STONE** lets users design their own personal jewellery online or shop for unique beaded jewellery designed by other fashion lovers. All pieces are handmade in the UK. Great idea for special occasions or gifts. Prices from £10. **www.minkandstone.com**

**8. Personalised Dice Necklace by MERCI MAMAN (From £49).** This newly available piece will be engraved with the initials of your choice in their London workshop. The team at Merci Maman will handcraft and giftwrap your necklace in their signature box within only a couple of days. Available gold plated or in sterling silver. For more information, visit **www.mercimamanboutique.com** or call **020 7731 1377.**

**9. ART MASTERS JEWELRY.** The Caravaggio 14K White Gold 1.5 Ct Princess Blue Sapphire Diamond Engagement Ring Wedding Band Set evokes the glamour and elegance of the modern renaissance. Design: Gnel K. Product Code: R627S- 14KWGDBS Price: $1,999. Visit **www.ArtMastersJewelry.com** Email: **ArtMastersJewelry@gmail.com**

**10. BOHOMOON** is the online shopping destination for bohemian jewellery. Their stunning sterling silver and stone encrusted rings and jewels, such as the Elephant Mother's love ring, Light Moonstone Ring, and the Shuckle Turtle ring are part of an extensive collection all available from their website **www.bohomoon.com** Join their hugely popular Instagram following **@bohomoon** and quote GLAMOUR at the checkout to receive 20% off your order (expires 31/12/15).

**11. CHILD OF WILD** is a brand that believes jewelry with past lives or cultural relevance have a depth that can be felt. See this 1920's Native American turquoise cuff, large Native American turquoise ring and their entire collection on **www.childofwild.com** or follow on insta **@child_of_wild**
**12. COMFY CLOGS** Swedish samibracelets have finally arrived in London! The incredibly popular bracelets you can see on many stars today, are made of reindeer leather with silver and pewter thread with an antler button. Sizes for children, women and men. Visit **www.comfyclogs.net** or call Cecilia on **07815 750340** or **020 8780 9767** to find out more.
**13. REIJA EDEN JEWELRY.** Jewellery designer Reija Eden creates contemporary designs with an elegant, graceful twist. A passion for beauty and fashion, Finnish flair and the nature of California add a unique twist to this stunning fair trade collection. Shop online at **www.redenjewelry.com**
**14. JEWELBERRY** create ornate, whimsical jewellery by combining glistening semi-precious stones with gilded and silver-plated pendants to create stunning necklaces, bracelets and earrings. Shop their full collection of handmade and limited run pieces at **www.jewelberry.de**
**15. DYOSAH** introduce their stunning multi-way bodychains. In just a second, you can change your look from a front bodychain to a back chain, to a long necklace. The possibilities are endless, enabling you to dress up any outfit for an effortless, elegant look. Visit **www.dyosah.com** email **info@dyosah.com** or follow **@dyosahofficial**


















# Glamour's Little Angels…

**1. LIA BACH** proves that couture for children can be both chic and wearable. Made in Germany from fair-trade organic cotton, the collection of clothing, jewellery and accessories offers an abundance of style catering for boys and girls aged 2-14. Visit **www.liabach.com** or call **0049 89 242 15 333**.
**2.** Let your mini-me follow in your fashion footsteps with **CHLOE K NEW YORK** accessories. Straight from one of the world's fashion capitals, their range of classic handbags, quilted clutches and the latest trends in footwear guarantee style as well as sass in abundance. Visit **www.chloeknewyork.com** or email **chloeknewyork@gmail.com**
**3. FANCY KIDS** a multi-brand website presenting stylish, independent children's designers who work with organic materials only. Fancy Kids offer clothing for children aged 0-10 years old. They provide worldwide shipping and next day delivery in the UK. Use the code HELLO for 20% off on your first Fancy Kids order valid until 3.12.15 visit **www.fancykids.com** or call **020 7493 1080.**
**4. LOFF LOFF ORGANIC** is an unique collection of eco clothes for fun-loving children. Fashionable streetwear style for young explorers, always eager to discover the world and unlock creativity. Check our dresses, pants, coats and shirts made of best quality organic cotton (GOTS). Receive up to 50% discount with the code GLAM50 valid until 31.12.2015 at **www.loff-loff.com**
**5.** Special occasions call for beautiful, sophisticated and age-appropriate clothes, and every piece in the latest collection by **ELIZABETH CATE** is perfectly suited. The sweet and feminine designs use gorgeous prints and elegant details to enhance your daughter's natural beauty, and will make every occasion one to remember.
Visit **www.elizabethcate.com** or email **contact@elizabethcate.com**
















Advertisers should contact 020 7499 9080 ext. 3705







**6. LITTLE RAGS AND RICHES** by LOL Kids Armonk: This kids emporium is pretty much a one-stop, head-to-toe shopping for everything kid! Gorgeous, carefully curated and unique kids fashions and gifts from upscale European designers as well as up-and-coming artists from all around the world. Visit **www.LittleRagsAndRiches.com**

**7. SHILOH Z BOUTIQUE.** Where whimsy meets dreams and fashion galore. Offering handcrafted bohemian inspired clothing for your little explorers. Each unique piece is perfectly designed for their personality to burst through. Created with the highest quality materials for them to experience their tiny adventures to the fullest. Join the fun on Instagram **@shilohzboutique** and shop our free-spirited styles at **www.shilohzboutique.com** Exclusive 10% discount code: GLAM (valid until Dec. 30, 2015). Photo by Alex.Kruk **(@alexkruk)** Modelled by Txunamy **@txunamy**

**8. JACK N' JILL NATURAL TOOTHPASTE** comes in five Yummy Organic Fruit flavours! It is completely safe to swallow and designed for use in the early years with babies and kids who love to eat their toothpaste!! Jack N' Jill also has a range of other accessories. The amazing yummy formulation is wonderful to help win those 'toothbrushing battles'!! To see the full product range visit **www.jackandjillkids.com** or email **customerservice@jackandjillkids.co.uk**

**9.** Winner of Best Children's Food Brand in 2014, **MINISCOFF** is made with great quality and organic ingredients, only using the best of British meat from high welfare farms. Really, really tasty! (Suitable from 12mths to 8+) Exclusively available from **www.ocado.com** for more information email **angus@miniscoff.co.uk** or visit **www.miniscoff.co.uk**













**10. LITTLE BIG DREAMERS.** Want to pick up affordable organic threads that are always stylish and on trend? Here is your chance. This brand offers a diverse range of clothing that is classic, handmade and always in style. Their brand is driven to encourage individualism, creativity, and fun. Use code "glamour" for 20% off until 2nd December 2015. You can find them at **www.littlebigdreamersllc.com** and Instagram **@littlebigdreamers**




**11. LITTLE BO BABIES** bring Art to Life, turning your child's drawings into loveable soft toys. Transform your child's unique creativity to a memorable keepsake. All Handmade in Africa visit **www.littlebobabies.com** or contact Gaya on **0027 71 4931825**.

**12. MISS FRANCIS** tutus are perfect for parties, play and loveliness everyday! A treat to receive, they arrive in a gorgeous gift box for the perfect present. See more of their beautiful range for girls 0-12 years old at **www.missfrancis.com**

**13. LOULOU LOLLIPOP** offers the most on trend silicone teething jewelry and accessories for modern stylish parents and babies. All necklaces, bracelets and soother clips are designed and handcrafted in Vancouver, Canada with the highest quality of non-toxic materials. Free of harmful or nasty chemicals, their products are 100% tested safe and eco-friendly, soothing baby's teething pain and sore gums in style. Shop the collection **www.etsy.com/shop/louloulollipop** follow Instagram and Facebook for updates; **www.instagram.com/louloulollipopfinery** **www.facebook.com/louloulollipopfinery**







**14. PARTY KITSCH** turns your next children's party into an effortless occasion. From brightly coloured tableware and patterned party bags, to glittery crowns and sweetie necklaces they've got everything you need and more. Choose from a readymade party kit or hand pick the products yourself, all you need to do is...just add kids! Get free delivery on all party kits with code KITFREE Valid until 31st December. Visit **www.partykitsch.co.uk**

# The Inside Scoop...







**1.** Curate your home with **Kær**: Danish design textiles, mirroring nature's seasonal beauty. From cushions and scarves to bespoke table linens, Kær delivers design for use, hand-finished in Brooklyn, New York City. Exclusive 20% discount by entering GLAMOUR at checkout until December 31st 2015. Visit **www.kaerbrooklyn.com** or call **001 347-244-0090**.

**2. PAD LIFESTYLE.** An online lifestyle store offering bespoke, hand-crafted furniture from Indonesia, and many unique and inspiring home and fashion brands from across the world. With so many chic, curious and eclectic pieces to find–including urban home wears from Copenhagen, Mid–century glamour from New York, unique glass wear from Paris, bespoke Scottish textiles, contemporary jewellery, clothing, shoes and handbags–it's definitely worth a look at **www.padlifestyle.com**

**3. LDJ DESIGNS** features a range of original hand printed tableware. The distinctive hand-drawn cutlery design in warm golden tones makes an eye-catching statement for the festive season or any dinner party. Collection available at: **www.ldjdesigns.co.uk** or email: **lauradj@hotmail.co.uk**

**4. ROOT** produce candles of the highest quality, with natural beeswax and soy blends, their gift boxed Seeking Balance range helps to give a greater sense of health and well-being with the power of colour and fragrance for information on their all natural, cleaner and longer burning candles visit **www.rootcandles.co.uk**







# Glamour's Gallery...

**1. DRAW ME A SONG** creates music-inspired prints and goods, by visually interpreting popular songs. Through a combination of hand-drawn typography and fun colourful illustrations, the experimental project creates a fusion between visual art and music. Visit **www.drawmeasong.com** and **www.etsy.com/shop/DrawMeASong**

**2. OH WHAT LOVELY**'s prints are cute, inspiring and will brighten up your day! The collection plays with colours, slogans, vintage papers and owls of course. Giclée prints and screenprints in limited edition are available. Visit **www.ohwhatlovely.com** to find out more.










**3. FRAMES BY ERIKA** offer beautiful handmade, papercut art that can be made to a bespoke design to match your décor. Have a memorable day or design preserved for a timeless piece. Treat yourself this Christmas, contact Erika for more information by visiting **www.frames-by-erika.co.uk**

**4. ANTHONY ORAM**'s screen prints combine clever twists on classic proverbs and modern slogans with innovative typography and visual design. Displayed is "Anatomy of a Bicycle" part of his Ride-Eat-Sleep-Repeat collection, a fun and stylish collaboration of design and bikes. They're bold, daring and a bit subversive; just the thing to shake up your walls. Visit **www.anthonyoram.com** or email **ant@anthonyoram.com** to find out more.







**5. CHARLOTTE GERRARD** produces stunning original paintings, high quality limited edition giclee prints and quirky, vibrant, screen prints of cows, ducks, dogs and many other wonderful animals. Recent Indian influenced works have a real sense of grace and spiritual charm. Her work is beautiful and very popular with both animal and art lovers alike. Visit **www.charlottegerrard.com/**

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# Glamour's Christmas Gift Guide...







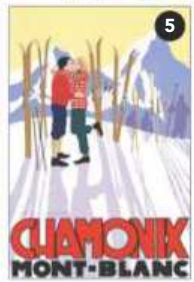



**1.** Introducing fragrances made mobile. **PERPHONE®** is an elegant perfume bottle designed for your iPhone. This stylish smartphone case carries Galimard perfumes in a replaceable atomising unit. When the fragrance runs out, simply pop in a refill! Perfect for the person who needs fragrance on the go, but doesn't want to carry a heavy perfume bottle. Discover more at **www.perphone.com**

**2. LOVE THY LIGHT** dedicates all their 51 scents to English heritage over 4 ranges. All their Luxury scented candles are handmade with the uniqueness of a wood wick which crackles when lit They also offer bulk buying options at **www.lovethylight.com** 10% off with code GLAM10 valid until 31.12.15.

**3.** Treat yourself or give as a gift, **HAMMAMAS** the "Clever Cotton Towel" is practical as well as stylish. This absorbent, fast-drying, premium cotton towel can also be worn as a sarong or beach dress. It won't take up much room and comes in a waterproof pouch. Quote GLAMOUR for 20% off and free UK shipping (expires 31/12/2015). Visit **hammamas.com** or call **01580 714714.**







**4. JONNY'S SISTER** designs and manufactures beautiful personalised products, including bespoke orders, for all occasions. From bunting and letter cushions to typographies and personalised enamelware there is something for everyone. Exclusive 15% discount by entering GLAMOUR12 at the checkout till 4th January 2016. Visit **www.jonnyssister.co.uk** or call **01935 873186.**

**5. PULLMAN EDITIONS** designs striking original limited-edition posters that capture the enduring appeal of Art Deco. Their newly-commissioned posters feature glamorous winter sports and summer resorts around the world, as well as the world's greatest historic automobiles. There are over 100 designs available to view and buy online at **www.pullmaneditions.com** Priced at £395 each.













**6. COMFY CLOGS** are handmade in Sweden and available in a range of the latest fun and funky styles and colours. Sizes for women and children. Perfect and practical for pregnant women and useful in the house and garden! Real skin Clogs available in a variety of styles. Call Cecilia on **07815 750340** or **020 8780 9767** for a brochure. Visit them at **www.comfyclogs.net**

**7.** Free phone skin at **Wrappz**, enter code FREESKIN at checkout and press apply or enter code GLAMOUR at checkout to get £5 off your personalised phone case. Personalise 100's of products at **www.wrappz.com** Offer expires 02.12.15.

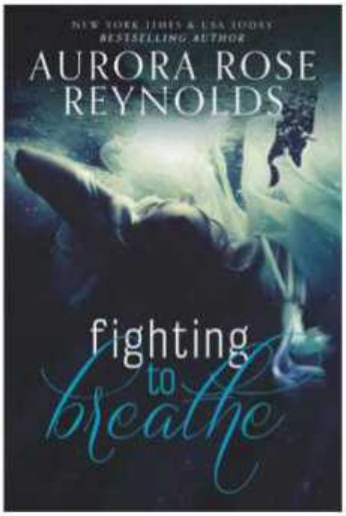
**8. BLUE VELVET,** the home of contemporary and Luxury footwear direct from the heart of Europe. Always one step ahead, they have established themselves on their quality and first-rate service. Visit them at: 174 Kings Road, SW3 4UP, call **020 7376 7442** or visit them online at **www.bluevelvetshoes.com**

**9. THE BEARDED MAN CO** produce a range of ethical, fabulous grooming products for the happy beard this festive season. Shortlisted for the 'Best Male Grooming Product' in the Pure Beauty Awards 2015, shop their full range at **www.thebeardedmancompany.com**

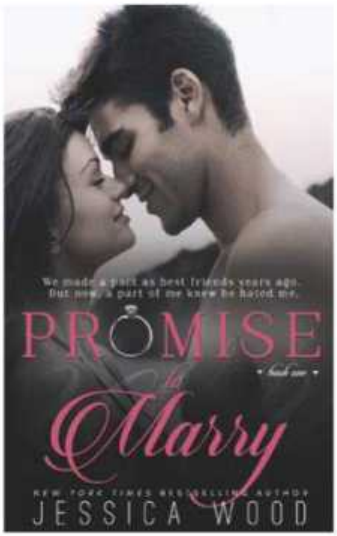
**10. SKINNY ROSÉ** is a delicious champagne with only 275 calories per bottle, which is similar in calories to a large glass of wine, and will help with (some of) the festive excess. This is the perfect present or party fizz – so add a delicious and guilt-free treat to your Xmas. Only £38 per bottle from **www.finestfizz.biz**



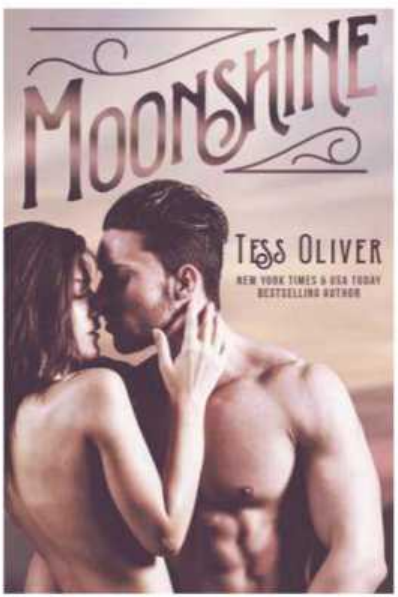

# Glamour's Library...



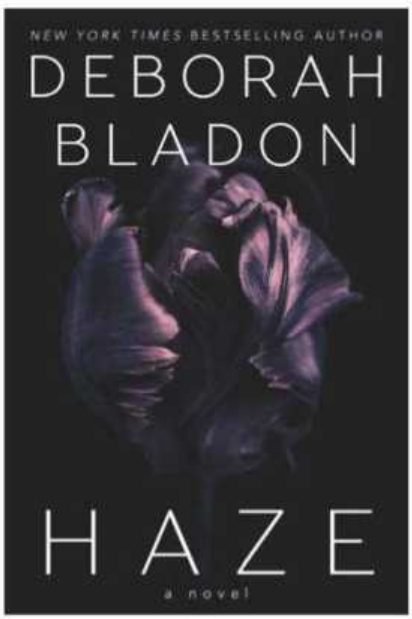

***FIGHTING TO BREATHE*** by **AURORA ROSE REYNOLDS**
Lea Lamb and Austin Wolf never imagined the future could hold anything other than together-forever. When Lea's father dies in a tragic accident, Lea catches a glimpse of a future she knows she's not strong enough to face. For the past fifteen years, Austin believed the woman he loved left him without so much as a backwards glance. When Lea unexpectedly returns to their hometown,these former lovers will learn that if they want to have any chance at the future they'd given up, they will have to rescue one another from drowning in pain so debilitating it will leave them both fighting for breath.
**www.AuroraRoseReynolds.com**




***PROMISE TO MARRY*** by **JESSICA WOOD**
They made a pact to marry. Will secrets, betrayal, & fate break it? Jackson and Chloe were childhood best friends since they were seven. When they were thirteen, they made a pact: If we were still single by the time we turned 30, we'd marry each other. Chloe just turned 30. She's single, and knows Jackson is, too. But they are no longer best friends, and a part of Chloe knows that Jackson hates her. Visit **http://jessicawoodauthor.com/books** (Available for sale on Amazon, iBooks, Barnes & Noble, Kobo & Google Play)



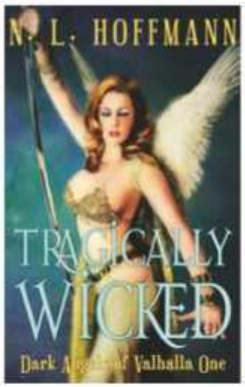

***MOONSHINE*** by **TESS OLIVER**
A sexy historical romance – personal tragedy and fighting on the front line in France have left Jackson Jarrett scarred and hardened to the notion of falling in love until the travelling carnival with it's colourful tents, exotic side shows and Charli Starfield, the beautiful and fearless motorcycle stunt rider, rolls into town.
**www.facebook.com/tessoliverauthor**




***HAZE*** by NYT Bestselling Author, **DEBORAH BLADON**
Isla Lane, an ambitious young violinist, wants to make her mark on Manhattan. When the enigmatic Gabriel Foster comes into her life, she knows that trying to resist him is futile. He controls every facet of his life with infinite precision and when he leads Isla into a world of dark desire, they are both changed forever. Coming in November. **www.deborahbladon.com**



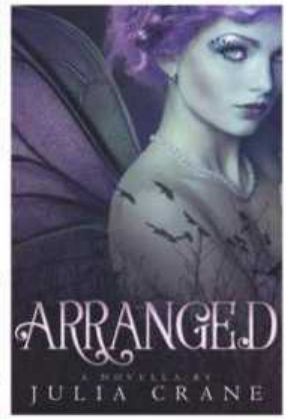
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***TRAGICALLY WICKED***
by **N L HOFFMAN**
Fallon's life has been turned upside down and she must find the missing warrior souls before others with less than honourable intentions can get their hands on them. With the aid of two powerful brothers, she starts to embrace her role as the Guardian. Time doesn't matter to those who are Immortal... unless you're the Guardian. If Fallon doesn't find all the souls in time, it could mean the end of her existence as well as the rest of the world's.
**www.nlhoffmann.com**



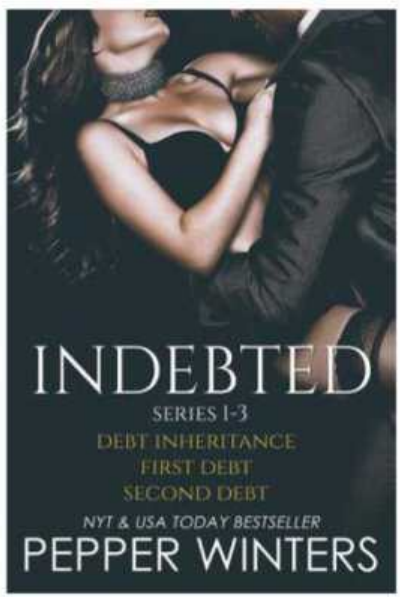

***LOVERS GONNA LOVE*** by **CAMBRIA HEBERT**
Family isn't always defined by blood. Sometimes family is born of love, loyalty and choice. The bonds of our family are tested when the threat of a night that ended in death comes back to haunt us. But family doesn't quit each other. Love like ours never dies. Read more about the series at
**www.cambriahebert.com**



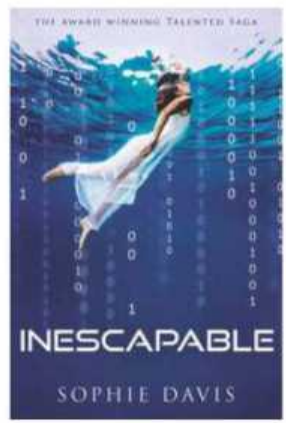

***ARRANGED*** by **JULIA CRANE**
Magick's been restored on earth but it comes at a crippling price. With the planet on the brink of destruction, an unlikely pair must work together to try to bridge together a lifetime of hatred. Will their forbidden romance bring their worlds together or tear them apart?
Visit **www.juliacrane.com**




***DANGEROUS LIES*** by **BECCA FITZPATRICK**
Stella Gordon's life is a lie. Key witness in a murder trial and under witness protection she is uprooted from her life, her friends and her boyfriend, Reed. In Nebraska's Thunder Basin, no one can know who Stella really is. Not even her mysterious neighbour, Chet Falconer. Against her better judgement she finds herself falling under his spell... Read the sizzling new novel from Becca Fitzpatrick, bestselling author of the *Hush, Hush* series, now and share your **#DangerousLies** experience
**@becfitzpatrick**
**www.beccafitzpatrick.com**



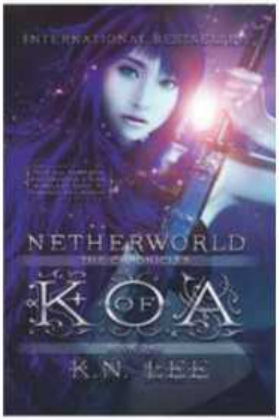

***INDEBTED*** by **PEPPER WINTERS**
**New York Times Bestseller. Debt Inheritance, Book #1, is FREE.**
Nila's family is indebted. Her life is forfeit to pay for sins of ancestors past. Jethro receives Nila as an inheritance present on his twenty-ninth birthday. He can do what he likes with her, she has to obey. Not since Romeo and Juliet has a star-crossed romance been so addictive and dark…
**www.pepperwinters.com**




***INESCAPABLE BOOK #6*** in the Award-Winning Talented Saga from **SOPHIE DAVIS**
With a Talent like Mind Manipulation, Talia Lyons has always been able to talk her way out of any sticky situation. Not this time. This time Talia's impulsive nature has landed her on Vault, UNITED's prison island in the Isle of Exile. But when a new group called the Privileged threatens everyone she loves, Talia cannot sit idly by. Prison break, anyone?
**www.sophiedavisbooks.com**



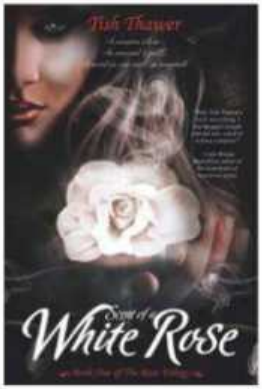

***THE DRAGONFLY SERIES*** by **LEIGH TALBERT MOORE**
Sex, lies, and family secrets... The Dragonfly Series is a multi-generational saga set in the world of high society and billion-dollar developments on the crystal shores of the Alabama Gulf Coast.
*"Original and unpredictable! Superb plot twists, characters that you will love, endings that leave you craving more!"* Goodreads review
*"A lot of tension, a lot of drama, and a whole lot of sexy entertainment!"* Magan Vernon, bestselling author of The Only Exception. Visit
**www.leightmoore.com**




***NETHERWORLD, THE CHRONICLES OF KOA*** by **K N LEE**
Introducing Koa, a half-blood vampire with an enchanted sword, a membership to the most elite vampire castle in Europe, and the gift of flight. If only she could manage to reclaim the lost memories of her years in The Netherworld, she might finally be able to break her mother's curse.
**www.TheChroniclesofKoa.com**



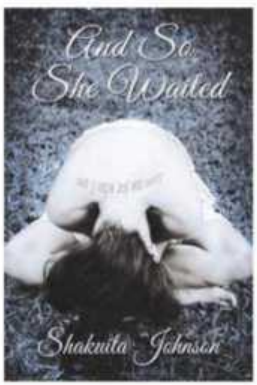

***INFLAME ME*** by **RYAN MICHELE**
Tanner O'Ryan is in desperate need of help. When her mother suddenly suggests they drive to Sumner, Georgia to get assistance from her father, she is more than floored. In her twenty-three years, she's never known who her father is, and now she has to put her trust in the man. Not only does she have to trust him, but an entire club full of men and women who live a life she didn't know anything about. She quickly realizes she needs more help than she originally thought.
**www.authorryanmichele.net**




***SCENT OF A WHITE ROSE (BOOK #1 IN THE ROSE TRILOGY)*** by **TISH THAWER**
What if vampires were the good guys and a human girl was the one to fear?
A vampire's love...
An innocent's guilt...
A secret no one could've imagined.
A paranormal romance that entices with a heroine that isn't quite what she seems, a vampire whose love story is filled with dark surprises, and a vampire clan whose Sire has lost the ability to inflict "the change".
**www.TishThawer.com**



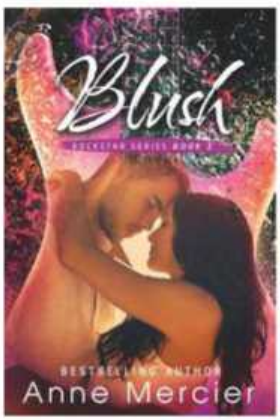

***WINTER'S END*** by **SAMANTHA SUMMERS**, is a powerful psychological thriller that first grabs your attention during World War II and continues through present day. Winter's End takes us on an adventure from the a mid-40's Love story to present day. This 75-year span of unconditional love, and a cursed house, with a whodunit murder, encompasses real present- day danger that will keep the reader glued to the pages of this entertaining and dark psychological thriller. Visit
**http://projectfivefifteen.com/**



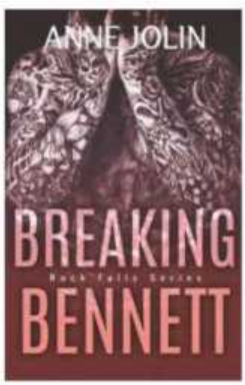

***AND SO SHE WAITED*** by **SHAKUITA JOHNSON**
Have you ever loved someone so much, that before you realized it, they owned half your soul?
Raven Sinclair's first love had always been ballet until she met Remy.
Remy Peters didn't believe in love and he wasn't looking for it.
Matthew Masterson loved Raven since he first saw her when they were five.
Love, lies, and obsession… three lives bound by twisted desires.
Out Now.
**www.authorshakuitajohnson.com**




***AROUSED*** by **KIA CARRINGTON RUSSELL**
*"Remember my name because you will be begging me for more. This is my promise to you."* Meet Hayden Zilch: entrepreneur, sports manager, investor. Cocky, tantalizing, and utter womanizer. So what happens when this sex-mad womanizer decides to finally find The One? Starting off with a list of five women, Hayden sets out to learn the difference between lust and love. Can Hayden really control himself around these five beautiful temptresses?
**www.thethreeimmortalblades.com**




***BLUSH (ROCKSTAR #2)*** by **ANNE MERCIER**
You know how people say they woke up in Vegas married and you're like, how the hell could that possibly happen? Who does that? Well, us apparently… and the press is having a field day. You should read Falling Down (Rockstar #1) before reading Blush. Falling Down is free everywhere. For more information:
**AnneMercierAuthor.com**
**Facebook.com/AnneMercierAuthor**
**Twitter.com/Anne_Mercier**




***BREAKING BENNETT*** by **ANNE JOLIN**
Beth Rhodes has always had a game plan. But with failures and mistakes piling up on her doorstep, she knows something has to give. Braxton Bennett is lethal, both in the courtroom and in the ring. Two sides of him constantly wage war against one another, and to keep the internal bloodshed at bay, he allows himself to indulge in his violent vice. On a summer night in the depths of the city, a chance encounter will turn both of their perfectly constructed worlds upside down.
**www.annejolin.com**

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# Get The Party Started. . .




**1. PIXI BEAUTY** is on a mission to bring out the natural beauty in all women, creating pure, awakening and skin-loving products that create a naturally radiant glow. Their Glow Peel Pads are advanced, exfoliating treatment pads to help reveal a youthful-looking complexion. Shop their full range at **www.pixibeauty.co.uk**

**2. ABOTANIQ** offer a line of exclusive products with botanical compositions, that aim to nourish and replenish the skin through moisture and hydrate the skin. This 'Wrinke Filler' effect helps smooth the appearance of fine lines and improve skin texture. For more information visit **www.abotaniq.com** IG **@abotaniq**







**3.** Over the festive period treat yourself with **SBC**'s luxurious Vitamin ACE Hydra-Gel Serum (£37) featuring brightening Vitamin C and refining Vitamin E, it revives neglected skin with moisture and enriching Vitamin A, along with Mediterranean extracts of Tomato, Olive and Fennel Oils, promoting a firmer, brighter complexion. SBC, the Salon Secret is Out… Visit **www.sbcgels.co.uk**




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**5. SKN-RG** created by skin care expert Debs Scott, using the finest organic and natural ingredients at the heart of their ranges, combining ferments and probiotics, creators of advanced technology and innovation they breathe life into each product through SKN-RG Quanta®. Visit **www.skn-rg.com**




**6.** Introducing **LABELLE MAKEUP**'s Autumn and Winter Lip Collections ranging from Liquid lipsticks to matte lip creams. Highly pigmented, comfortable to wear, super affordable and has already received awesome reviews amongst beauty gurus and junkies alike. Get yours **www.labelle-uk.co.uk**




**7. TANZEE** Australia - the original fake tan bed sheet protector. Tanzee's are made to fit the person, not the bed. Each Tanzee is a double layered sleeping slip design with built in pillow case and protective flap for quilt. The size that would be suitable depends on the size of the individual and how much sleeping room they would like. Refer to **www.tanzee.com.au** for measurements and further information.



**8. FAUST'S POTIONS.** A handy, healthy, redeeming gift for discerning night owls and jet setters, this beautiful limited edition Elephant Family Recovery Pack with artwork by Rebecca Campbell is a must have this season. Liquid nutritional supplements for day and night, £6. Visit **www.faustspotions.com**

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**10. J21 SKINCARE's Platinum Biopeptide Cellular Elixir** is their most powerful ultra-concentrated complex fortified with Pure Platinum Peptides, and nutrient-rich sea minerals. This exclusive formula includes Multi-peptides, Micronutrients, Vitamins and EGF. It helps the skin to feel lifted and firm and restores essential moisture. Supports skin, enhancing it's feeling of firmness and elasticity. Powerful moisturising softens the appearance of expression lines to minimize the appearance of wrinkles. Visit **www.J21skincare.com**

**11. BRIOCHE BABY™ Nail and Cuticle Repair Daily Treatment Oil** pampers brittle nails and tames unruly cuticles with luxurious jojoba and argan oils. This winter, prevent nail disasters with lush organic skincare stocking stuffers! Give the gift of beautiful hands! **www.BriocheBaby.com**
















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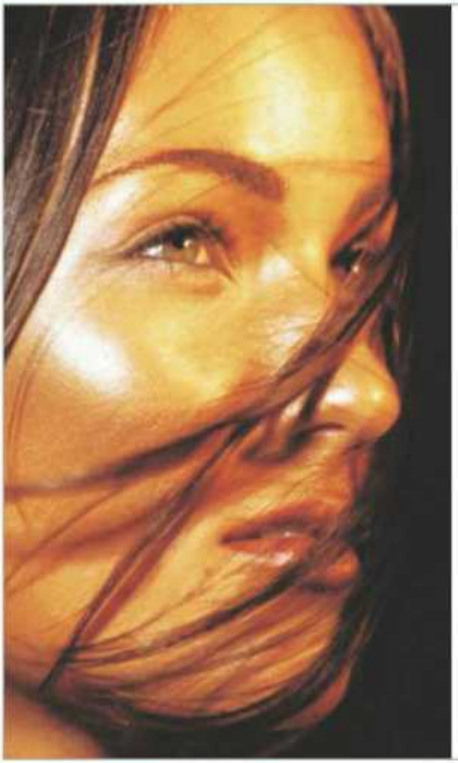

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# Wild things

How to **DO** animal print this season? It's all about a sharp, tailored coat. Extra style points if you shoulder-robe like Lily Aldridge.




**DON'T** overdo it. There's a limit to how much leopard print one outfit can take.

Photographs: Xposure, Corbis, Rex Features, Getty Images, Splash









From top **Laverne and her mum, Gloria; Serena Williams; Beyoncé**

*"THE WOMEN WHO MADE ME"*

# By Laverne Cox

Each issue we're asking one amazing woman: who's changed your life? The star of *Orange Is The New Black* and new movie *Grandma* shares her dream team

## Gloria Cox

**Laverne's mum**

My mom is everything. From the values she instilled in me to the example that she set with her own work ethic.

## Serena Williams

**Tennis champion**

She's inspired me a tremendous amount. Tennis is so intense and difficult and shows how hard one has to work to be the very best. Serena exemplifies that with elegance, grace and sexiness.

## Leontyne Price

**Opera singer**

Leontyne made so much opera history. She was the first black singer to sing on NBC television in 1955, and stations in the South did not carry it because her love interest was played by a white man, and interracial relationships were illegal. She got a 45-minute standing ovation at the Metropolitan Opera House when she debuted in *Il Trovatore* in 1961. She transcended all kinds of barriers. I love her voice; I listen to her almost every day.

## Brené Brown

**Shame researcher**

Brené mostly writes about shame and vulnerability, and her work has changed the way I think about myself and the world. She talks so much about owning our stories and that is crucial for me.

## Jessye Norman

**Opera singer**

She has a beautiful voice and amazing sense of dignity, but is also so eloquent and elegant in the way she speaks and the way she carries herself. I love women who are larger than life, who occupy space and are intelligent.

## Bell Hooks

**Author, feminist and social activist**

I discovered her work when I was in college, and it changed the way I think about gender, race and class. She's incredible.

## Martina Navratilova

**Tennis player and coach**

She's the reason I got into tennis as a kid. Her athleticism and will to win were inspiring. She was so strong and athletic, and I saw myself in her for some reason.

## Beyoncé

**Musician**

She's so beautiful and chic, and again I love her work ethic. I love women who work hard. Being the very best is very difficult.

## Eartha Kitt

**Singer, dancer and actress**

I saw her perform once before she passed away. Her memoir is so arresting and I cried on the first page. She was blacklisted for ten years, because she was against the Vietnam War. She had this amazing resilience – she and so many African-American performers in the '30s, '40s, '50s, '60s. It was not easy to be black in America at that time. These women were extraordinary.

## Susan Batson

**Acting coach**

Susan is my acting mentor. I discovered her in 2001 or 2002, and if it wasn't for her, I wouldn't be here. I went to her class and it changed my life. She sets a super-high standard for the craft of acting that I'm still trying to attain.

Laverne stars in *Orange Is The New Black*, Seasons One to Three available on Netflix. *Grandma* is released on December 11

As told to: Helen Whitaker. Photographs: Getty Images, PA, Rex Features

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